

90 HANDHELD MEALS FROM AROUND THE GLOBE

# SAVEUR

*Savor a World of Authentic Cuisine*

## The Sandwich Issue

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Grilled  
Cheese**

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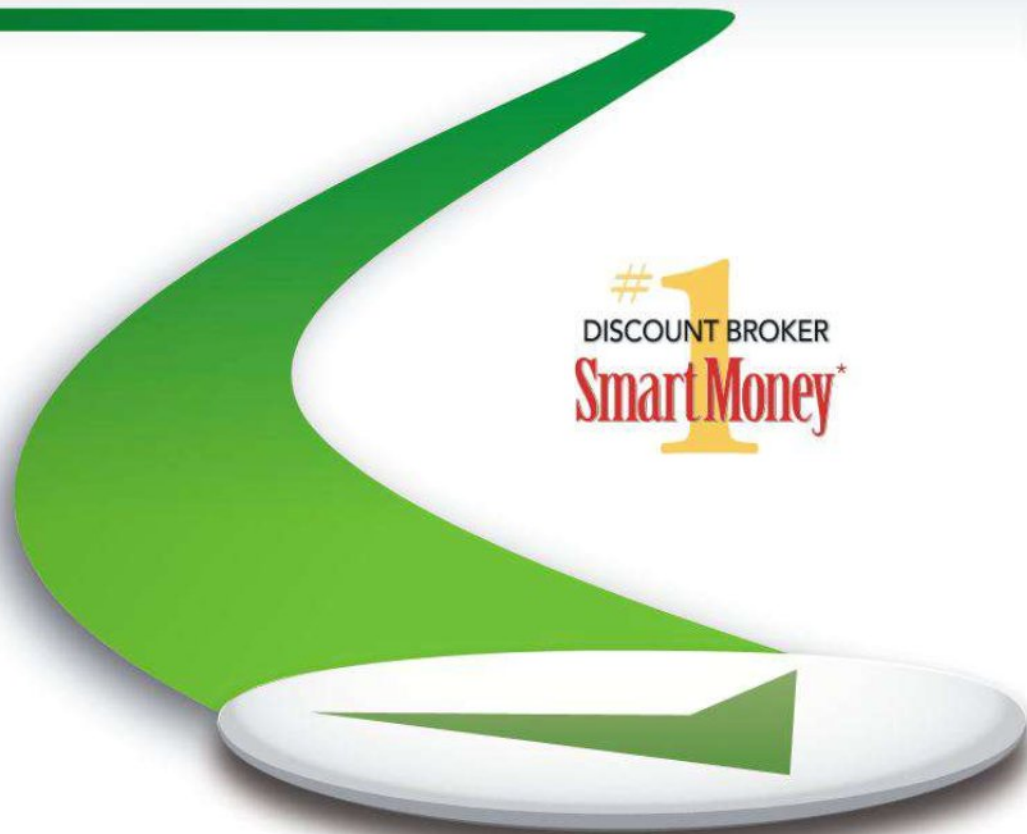








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# THE GRILLED CHEESE SANDWICH

## HISTORY OF AN AMERICAN CLASSIC

While the concept of cooked cheese, butter, and bread may be as old as the ingredients themselves, it's hard to think of a foodie phenomenon more American than the grilled cheese sandwich. Join us as we delve into the story of this tasty treat, brought to you in partnership with Kerrygold.

The actual when and where is uncertain, but most contend that the grilled cheese first appeared in the United States as an open-faced sandwich in the early 1920s, due to the rising availability of processed cheese. To make use of this affordable ingredient, Americans stood on the shoulders of giants such as the **Croque Monsieur** and **Panini**, and created the first grilled cheese sandwich.

Over time, a second slice of bread was added, making for a more substantial meal, and the modern grilled cheese sandwich was born.

Today, sandwich lovers experiment with a wide variety of cheeses and cooking methods. But whether it's made with cheddar or Swiss, broiled or fried, if you've got **cheese**, **butter**, and **bread**, you've got a true American classic.

## KERRYGOLD GRILLED CHEESE VARIATIONS



Chutney, Cilantro, and Aged Cheddar Grilled Cheese



Dubliner Toastie with Prosciutto and Tomato



Blarney Castle Toastie with Honeyed Walnuts

## THE ULTIMATE GRILLED CHEESE SANDWICH

Serves 2

*The secret to making a perfect grilled cheese sandwich is slathering the bread with butter, which crisps it in the pan, and cooking it over low heat, which brings out the subtle flavors of a cheese. Kerrygold Dubliner, with its unique texture and nutty taste, is great for grilling.*

- 4 tbsp. Unsalted Kerrygold Butter, softened
- 4 1/2-inch-thick slices sourdough bread
- 7 oz. Kerrygold Dubliner Cheese, grated

1

Spread butter evenly on both sides of each slice of bread. Put half the cheese on one slice and half on another. Top each with remaining bread slices. Heat a 12-inch cast-iron skillet over medium-low heat.

2

Add sandwiches to skillet and cook 18-20 minutes, flipping once with a metal spatula, until golden brown and crusty on both sides. Transfer sandwiches to a cutting board and slice in half with a knife. Serve warm.



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# THE ART OF PAIRING

*Wine Pairing Suggestions from the Master Chocolatiers at Lindt*

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### *Romantic interlude*



Notes of ripe berries, plum and peppery spices combine with seductive layers of licorice and chocolate, making Shiraz an irresistible match for

the red fruit and vanilla hints in Lindt Excellence 70% Cocoa.

## EXCELLENCE 85% COCOA & ZINFANDEL

### *Spice is nice*

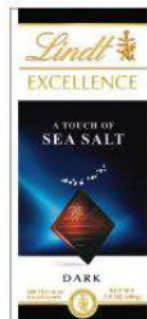


Beloved for its luscious aromas of blueberries, blackberries, warm cinnamon and toasted oak, Zinfandel fuses with the red berries and savory

herb notes of Lindt Excellence 85% Cocoa.

## EXCELLENCE A TOUCH OF SEA SALT & RIESLING

### *Opposites attract*

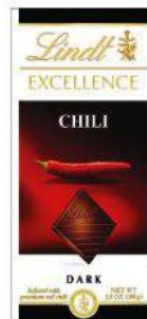


Ripe pear, honeysuckle and spring flowers make Riesling famously aromatic. With the light saltiness of the bitter-sweet Lindt

Excellence A Touch of Sea Salt, it's a sophisticated pairing.

## EXCELLENCE CHILI & PORT

### *Unexpected match*



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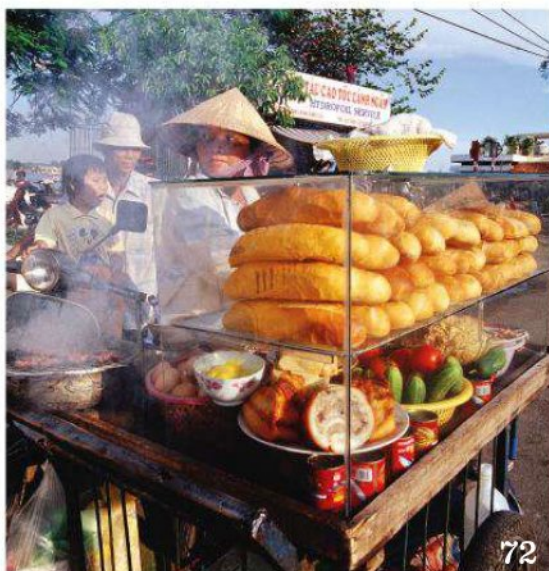
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# SAVEUR



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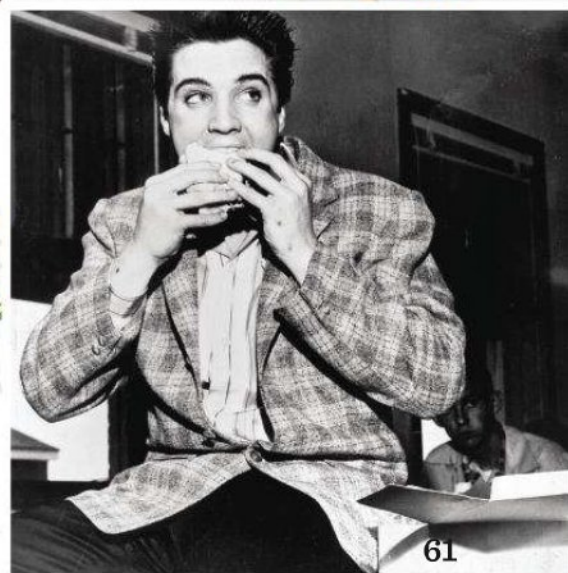
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## The Sandwich Issue

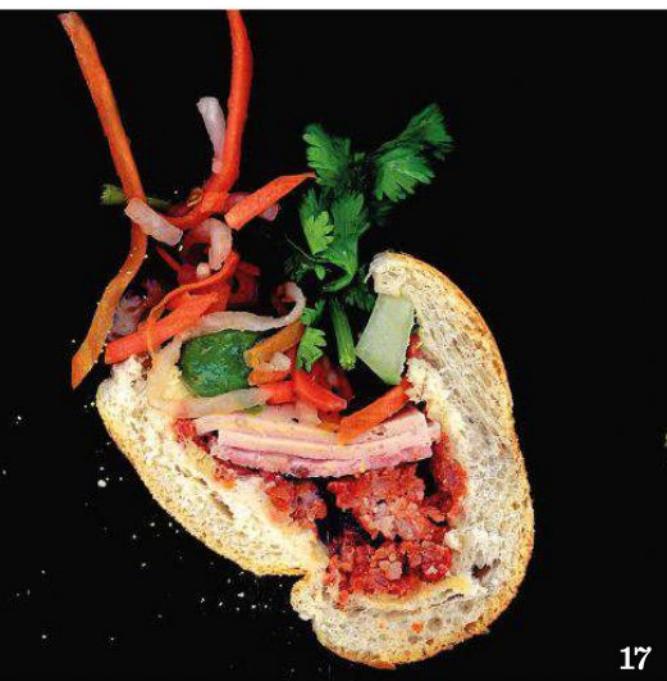
Behold the sandwich! When we unwrap a favorite lunchtime meal, consider its delectable fillings, and take that first, longed-for bite, we repeat a ritual that we've enjoyed since childhood. There's something instinctive about our desire for a sandwich: While working at our desks, rushing down the street, even stealing a snack before bed, it conforms to our busy lives, comforting us on the go. But it's also a meal that we can sit and savor, whether we're in our own kitchen, spreading peanut butter on toast, or at a Parisian café, slicing into a sumptuous *croque monsieur*. All around the world, terrific sandwiches abound: Mexico's spicy *tortas*; India's chutney-dressed *vada pav*; Vienna's elegant canapés; Philadelphia's hulking hoagies; Italy's fragrant panini. In this issue, we devour them all, starting on page 38.

Cover *Dagwood sandwiches* PHOTOGRAPH BY MICHAEL KRAUS

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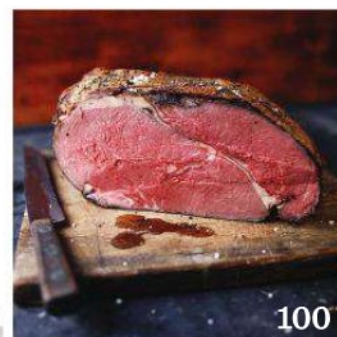




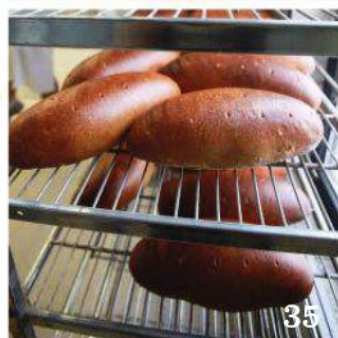
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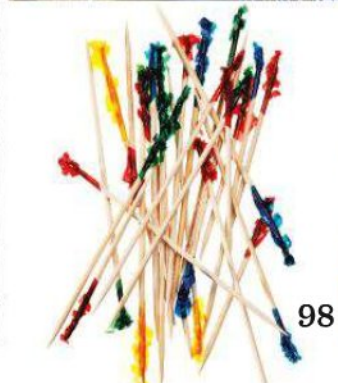
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*By James Oseland*

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How to find the ingredients, equipment, and resources in this issue. *By Ben Mims*

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Enough falafel to feed more than 50,000.  
*Photograph by Anwar Amrol/AFP/Getty Images*

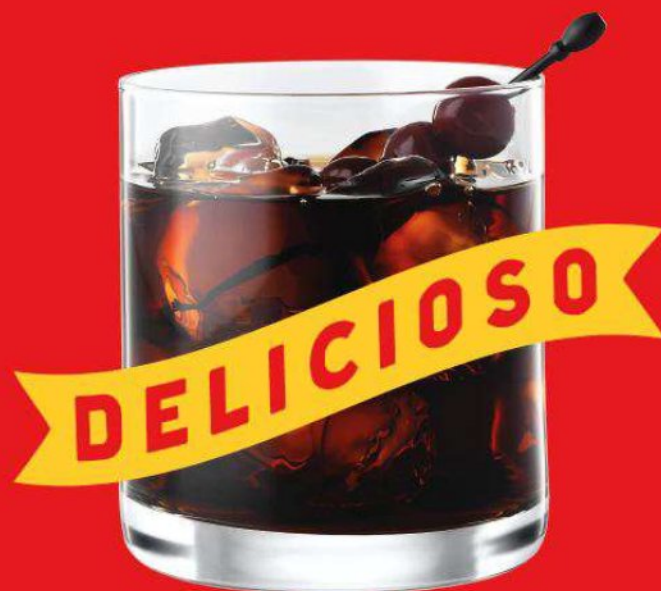
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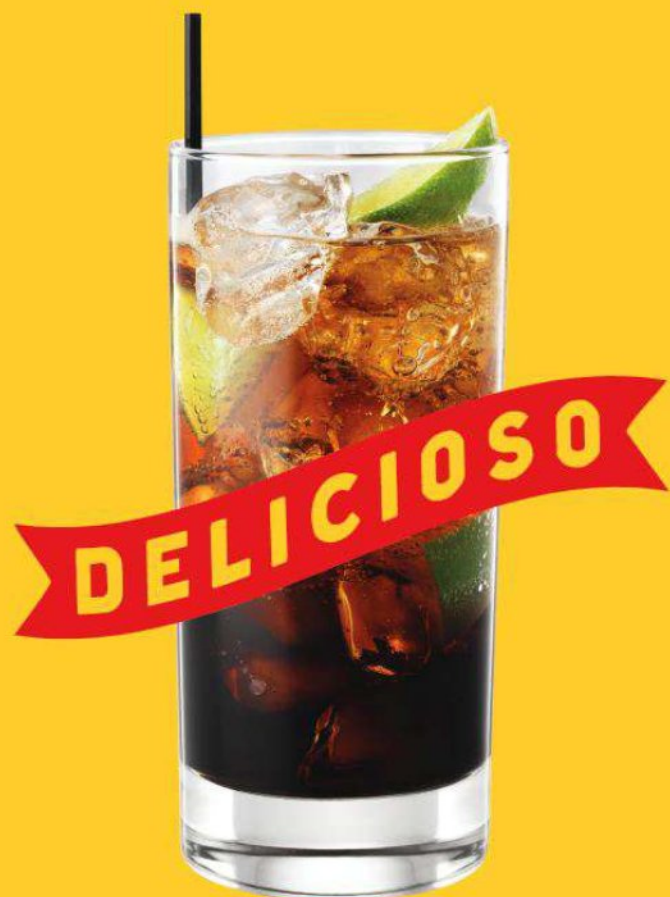


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THE ART & SOUL OF COOKING

PRESENTS

## SAVEUR COOKS

Join us for SAVEUR Cooks, culinary classes created exclusively for Sur La Table by the editors of SAVEUR Magazine. Bring home the cuisines, recipes and techniques featured in SAVEUR.

### APRIL

#### SICILIAN FAVORITES

Home to one of Italy's most interesting regional cuisines, you'll prepare dishes that hint to the island's roots and its famed ingredients.

#### CHARLESTON'S SOUL FOOD

Soul food cafés in Charleston, South Carolina, are a distinct brand, catering to patrons with a mix of classic Southern dishes.

### MAY

#### GREAT TASTES OF MEXICO

Simple ingredients prepared in a quick and flavorful way define Mexican street food, where freshness is key to every component.

#### THE WORLD OF GRILLING

Putting food to the fire provides that quintessential taste relatable to all cultures around the world. Grill everything from fajitas to chicken satay.

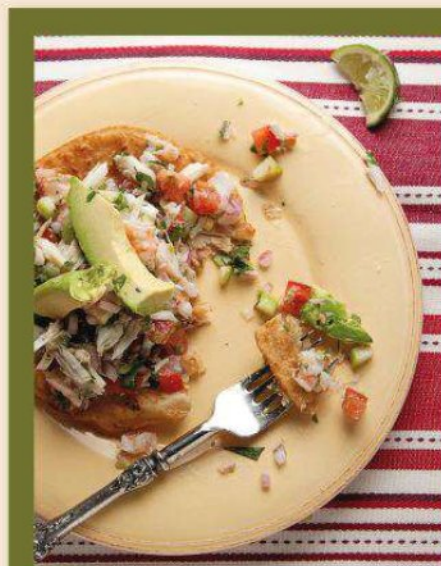


photo by Maxime Iattoni

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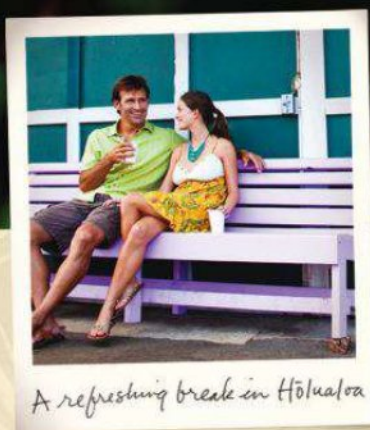
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**FIRST**



## Love, With the Works

The sandwiches we adore are delicious reflections of who we are

**M**Y MOM, WHO PASSED away in 2010, was by her own admission not the world's greatest cook. But while she generally did everything in her power to avoid spending time in the kitchen, she knew how to make one heck of a sandwich. This was food that nourished the body and pleased the soul: cream cheese with chopped black olives between slabs of brown bread, say, or maybe smoked liverwurst spread thick on white bread with rings of raw onion, iceberg lettuce, Grey Poupon, and mayo. Or my all-time childhood favorite: a luscious protein bomb of Genoa salami sliced gossamer-thin and piled onto rye with butter and a liberal grind of black pepper—the opposite of fancy, and the very definition of good.

The sandwiches I make these days are direct descendents of my mom's creations: uncomplicated, with just the right combination of textures and flavors, and the power to satisfy my most fickle cravings. Like my mom, I can almost always make a fine sandwich using whatever I happen to have in the fridge. The other day, that turned out to be not a whole lot: a small hunk of buttery *tomme*-style cow's-milk cheese I'd snuck out of the *SAVEUR* test kitchen, a near-empty jar of sun-dried tomatoes swimming in olive oil, a handful of super-peppery arugula, and half of a day-old baguette. I popped the bread in the oven to

bring it back to life and diced up just enough tomatoes to lend a tangy sweetness. Then I split the warm baguette, nestled in a few pieces of the cheese, topped them with the tomatoes and some of those spiky greens, and presto! In less than five minutes, I'd created what has got to be one of the world's most winning lunches. (That's me, in the above photo, about to devour a much less, um, artful Subway sandwich.)

That's what I find so extraordinary about the sandwich: As commonplace and convenient as this food is, it counts as a crowning culinary achievement, a nearly instantaneous reflection of our tastes and whims. The more kinds of sandwiches I tried while putting together this special issue of *SAVEUR*—and I tasted dozens, from English tea sandwiches to Israeli-style schnitzel—the more I came to believe that this really *is* the perfect food.

So, this issue is for you, Mom, and for all the other cooks (and non-cooks) out there who have found ingenious ways to put a little love between two slices of bread. —James Oseland, Editor-in-Chief

*"The Family Reunion," an article that appeared in our October 2010 issue, referenced the troubled history between Turkey and Armenia. We sincerely regret that the story upset some of our Turkish friends.*

TODD COLEMAN



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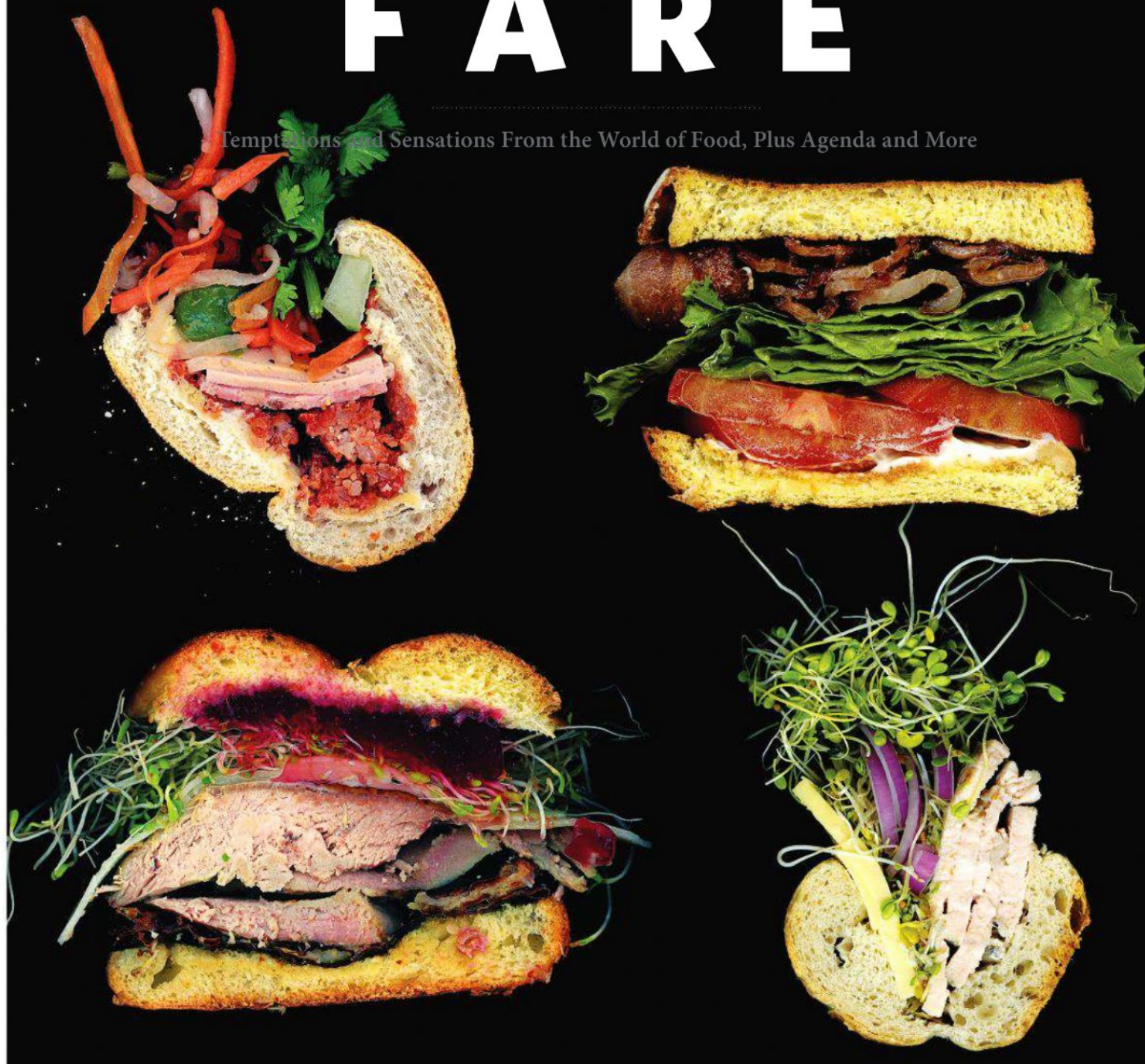
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# FARE

Temptations and Sensations From the World of Food, Plus Agenda and More



## Looks Delicious

This blog serves up a virtual feast

**T**HE SANDWICH HAS NEVER appeared more sublime than on the blog Scanwiches ([scanwiches.com](http://scanwiches.com)), in which cross-sectioned sandwiches float in eerie stillness against a velvet black background. The key to the images' saturated colors and shallow depth of field is that they're not photographs but scans. Brooklyn-based Web designer Jon Chonko began the site in February 2009, after one of his coworkers blurted out the mispronunciation "scanwich" during a bout of wordplay. The project took on a life of its own, with Chonko tracking down new sandwiches to feature—and refining his sense of what's

scan-worthy. "I became interested in confusing combinations of ingredients," he recalls, "because I wanted texture and visual complexity." He now makes most of the sandwiches himself, which allows him to better manipulate their look.

To create an image, he simply places half a sandwich on the glass of his Epson V700 scanner. "There's not a lot of trickery," says Chonko, who will release a book based on the site in November, with Powerhouse Books. "I try to stay true to the heart and soul of the sandwich. That's a lofty way to think about it. But then I eat it for lunch." —*Helen Rosner*

Clockwise from top left: scanwiches of *banh mi* from Manhattan shop Saigon Vietnamese Sandwich; BLT on potato bread; turkey, sprouts, Swiss, and onions on a baguette; Thanksgiving leftovers (leg meat, cranberry sauce) on a roll.

COURTESY JON CHONKO/SCANWICHES.COM (4)



## AGENDA

### Global Sandwiches

March

29

Birthday:

**OSCAR MAYER**

1859, Württemberg, Germany



In 1883, German immigrants Oscar F. Mayer and his brother Gottfried opened a meat market in Chicago that became known for

its excellent wursts. Early marketing pioneers, the Mayers affixed their logo to products at a time when most meat carried a generic label. Since then, promotional efforts have continued apace, with catchy ad tunes like the 1963 "Oscar Mayer Wiener Jingle" ("Oh, I wish I were an Oscar Mayer wiener...") and the "Bologna Song," a ditty from a blockbuster 1974 commercial ("My bologna has a first name. It's O-S-C-A-R..."), working their way into the canon of American popular culture.

April

23

**GRILLED CHEESE INVITATIONAL**

Los Angeles



For the ninth year in a row, this cheesy cooking contest draws hundreds of competitors vying for the top slot in one of three

salaciously themed categories: the Missionary Position (standard sandwich bread and standard cheese, such as American or Swiss), the Kama Sutra (anything goes, as long as the grilled sandwich's filling is at least 60 percent cheese), and the Honey Pot (like the Kama Sutra, but sweet). Info: [grilled-cheeseinvitational.com](http://grilled-cheeseinvitational.com)

May

11

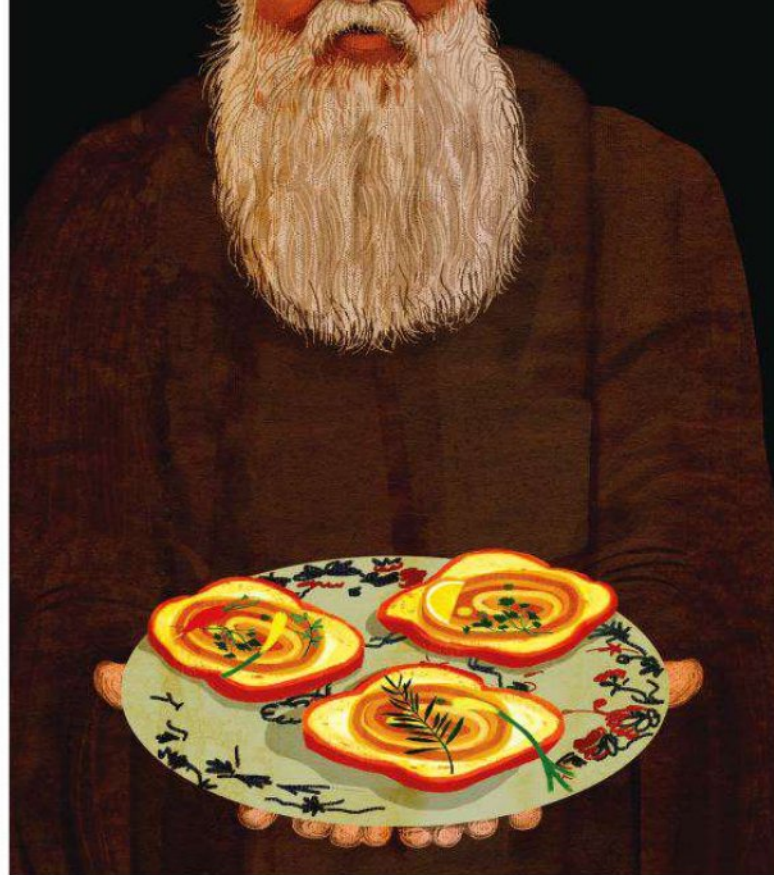
Anniversary:

**SPAM**

1937, Austin, Minnesota

On this day, Hormel Foods trademarked SPAM, the name for its canned spiced ham. A few years later, the company shipped 100 million pounds of the pork product overseas as World War II C rations. Soldiers, who were fed the processed meat sometimes three times a day, bonded over their shared dislike of the stuff, which they dubbed "ham that failed its physical." But SPAM gained popularity as an inexpensive ingredient for sandwiches and other dishes in Hawaii, where residents'

high consumption (5.6 cans on average per person annually) is attributed to its adaptability to the »



## The Real Thing

A grandfather devises the perfect open-face sandwich

**A**CCORDING TO a 2006 court ruling in Worcester, Massachusetts, the city where I was born, a sandwich consists of two slices of bread and a filling. I come from a people who view the matter differently. In Russian, my parents' native tongue, the word for sandwich is *butyerbrod*, which literally means bread with butter. *Butyerbrod* connotes a single slice of bread topped with butter and some cheese, meat, or fish. Thus an outlaw by breeding, I prefer to eat my sandwiches open-faced.

Growing up, one of my favorite open-face sandwiches was topped with pickled chicken, a garlicky roulade of dark and white meat bound in yellow chicken skin, the creation of my maternal grandfather, Pinkhus Gurevich. My grandmother would serve the roll in dark and light mosaic slices on a china dish, along with a plate of challah and wheat bread. I would reach for one or two pickled-chicken slices, lay them on a piece of bread, and go right back for

more. Between the members of my extended family, the spread would diminish rapidly.

I'd always assumed that this homemade deli meat was a food my grandfather had brought with him from Riga, Latvia. Though my cousins dubbed it *kruglinkaya kurochka* (KROO-gleen-ka-ya KOO-rech-ka), "round little chicken," on account of its shape when sliced, my mother called it pickled chicken because her father cured the meat in allspice, bay leaf, garlic, and salt—the same seasonings he'd used back in the old country to pickle tongue and brisket. Recently, when I called my grandfather in Massachusetts to get the recipe, I found out it wasn't a Latvian tradition at all: Disappointed with the bland deli meats he'd encountered in America, my grandfather had improvised his own. "The cold cuts you buy at the store have no taste, so you use mustard," he told me. "With this, you don't need mustard." It's true. The sign of good *kruglinkaya kurochka* is enough garlic to ward off a legion of vampires. It's the ideal meat for an open-face sandwich, needing nothing but one unadorned slice of bread to convey it cleanly from plate to mouth. —Gabriella Gershenson

## Pickled Chicken Roll

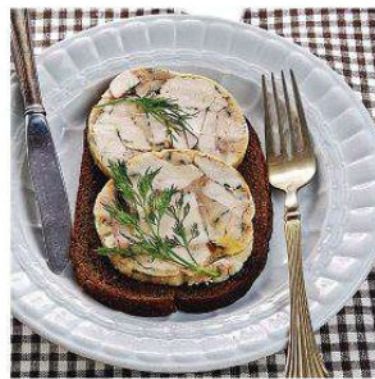
Serves 8–10

This homemade cold cut was created by senior editor Gabriella Gershenson's grandfather.

- 1 4-lb. whole chicken
- ½ cup finely chopped parsley
- 4 sprigs thyme, stemmed
- 4 whole allspice, finely crushed
- 3 cloves garlic, finely chopped
- 3 dried bay leaves, finely crushed
- Kosher salt and freshly ground black pepper, to taste

**1.** Remove skin from chicken in one piece; place in a small bowl and set aside. Cut away meat from chicken and discard bones; halve breast and thigh meat lengthwise. Transfer all pieces to a large bowl, along with parsley, thyme, allspice, garlic, bay leaves, salt, and pepper; toss to combine. Cover both bowls with plastic wrap, and chill for 2–4 hours.

**2.** Place chicken skin on a cutting board, outside skin down. Arrange meat, alternating white and dark pieces, along length of skin, leaving a 2" border on long sides; start-



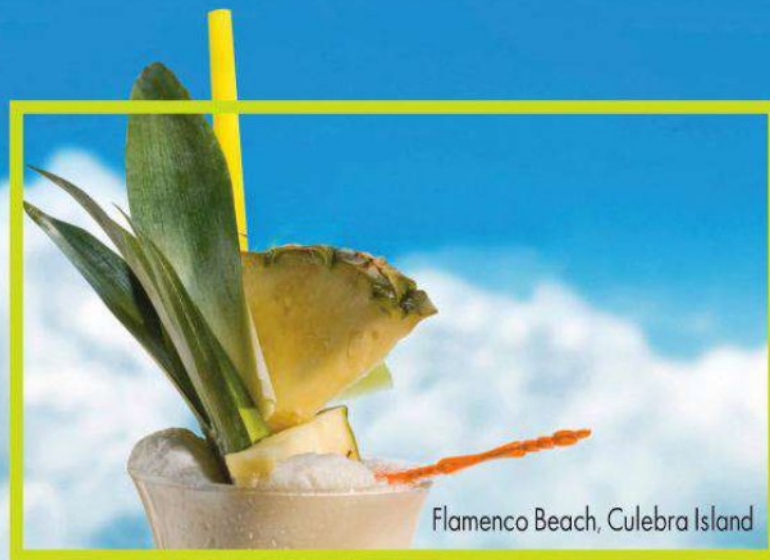
ing with one short side, roll meat and skin into a tight cylinder. Tie chicken roll with kitchen twine at 1" intervals; tuck in skin at ends of roll, and tie crosswise to secure.

**3.** Bring an 8-qt. saucepan of salted water to a boil over high heat, and add chicken roll. Cook until an instant-read thermometer inserted in the middle of the roll reads 165°, 35–40 minutes. Remove roll from water and let cool. Wrap tightly in plastic wrap; chill overnight to set before slicing.

CLOCKWISE FROM TOP LEFT: OSCAR MAYER® IS A REGISTERED TRADEMARK OF KRAFT FOODS INC. AND IS USED WITH PERMISSION; TODD COLEMAN; © JEFF MORGAN 08/ALAMY; COURTESY OF TILLAMOOK CHEESE; ILLUSTRATION: BEPPE GIACOBBE/MORGAN GAYNIN



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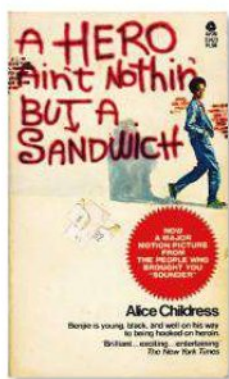
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## Literature

**A Hero Ain't Nothin' but a Sandwich**

Alice Childress' 1973 novel offered a tell-it-like-it-is glimpse at the struggles of Benjie Johnson, a 13-year-old heroin addict. "My block ain't no block to be a chile in peace," laments Benjie. The book, which was made into a movie, suggests that in a world where kids are left to fend for themselves, there's not a lot of room for dreaming. Big ideas, including the title's hero, are stripped down to their most basic expressions.



## Poetry

**SOMEHOW NOT AWARE THAT SHE WAS HEAVEN-BORN**

The sun was shining through the rain thus creating the effect of a second coming not of Christ but of some eerie one-eyed beast, bodiless save for the eye, which in itself is bleary and sad. A thunderclap scared me half to death. I was just sitting in my chair growing a beard, my brain lit up like a pinball machine and I prayed for order. Yolanda asked me if I wanted a sandwich. "A sandwich is perhaps our only hope, our best hope, our last chance to survive this big blow. You are a saint and a genius, Yolanda," I said. "Get it yourself," she said.

— James Tate



## Art

**"The Sandwich Cubano From Habana"**

Since the 1960s, sandwiches have inspired artists including Claes Oldenberg and Wayne Thiebaud. Tiny but monumental, this ten-inch-square oil painting by Austin, Texas-based artist Kaci Beeler captures the ooze of the melted cheese, the toasty crust of the bread, even the glinting grease of the pork. This is a fan's-eye view.



## Advertising

**Drink Coca-Cola** Ads like this 1930s poster helped sell soda as the best way to wash down the arch-American meal of sandwiches, an association that's indelible today.

## Cartoons

**Scooby-Doo**

No Dagwood is too much for the otherwise-scaredy-cat canine sleuth, who's been gobbling sandwiches on television for more than 40 years.



## Cinema

**A Hard Day's Night** Ringo tries to escape the madness of Beatlemania at a pub, but he can't get anything right. His darts fly afoul, into the tavern's birdcage; his pint glass gets smashed; and he can't quite get his mouth around a sandwich so dried-up that the bread's gone concave. "That was fresh this morning!" squawks the barmaid, who runs him out.



## Television

**Seinfeld** "Spicy mustard...you are hot tonight!" growls George Costanza from under the covers as he tries for the ultimate pleasure trifecta: gobbling a deli sandwich while in bed with his girlfriend and simultaneously watching television. As with many of his schemes, things get out of hand. "I flew too close to the sun on wings of pastrami," he later admits to Jerry.







» islands' Pacific Asian cuisine, as well as to its ease of storage—a plus in the hurricane- and tsunami-prone state.

August

**5-6**

### FISH SANDWICH FESTIVAL

Bay Port, Michigan

Every year since 1978, using festival organizer Carolyn Engelhard's original batter recipe, this Michigan town on Lake Huron has fried up enough fresh-caught mullet and pollack to make 5,000 fish sandwiches. The fish is tucked into hot dog buns and served with tartar sauce, horseradish mustard, and lemon. After they get their fill of filets, festivalgoers thrill to fireworks, a parade, and lawn mower races. Info: bayportchamber.com

August

**12-13**

### SOUTH CAROLINA PEANUT PARTY

Pelion, South Carolina

For the 30th year in a row, the town of Pelion will fete boiled peanuts. Though South Carolina's official snack food is the guest of honor, it is the peanut butter and jelly sandwich-eating contest that crowns the weekend. Participants have three minutes to plow through as many sandwiches—creamy peanut butter, grape jelly, white bread—as possible, in hopes of beating the all-time record of six. Milk is verboten. Info: scapeanutparty.com

September

**2-11**

### FERIA DEL JAMÓN DE TERUEL

Teruel, Spain

In the mountainous Aragón region of Spain, the town of Teruel's famed jamón is celebrated at this annual festival. Made from pork using a curing technique that dates back many hundreds of years, this fragrant, marbled ham stands alone in a *bocadillo de jamón*, a minimalist sandwich of ham, olive oil, and crusty bread. At previous festivals, organizers have doled out portions of a quarter-mile-long *bocadillo*, to be enjoyed with regional wines and tapas made with local ingredients. Info: teruel.com

November

**11**

### GRAN FERIA DE LA TORTA AHOGADA

Guadalajara, Mexico

Guadalajarans celebrate the state of Jalisco's beloved *torta ahogada*, a *carnitas* and refried beans sandwich served on a torpedo-like *birote* roll and then "drowned" in a piquant chile sauce. Previous festivals have featured the construction of enormous *tortas*, distribution of thousands of free sandwiches, and plenty of live Mexican music. Info: vistomexico.com

At [SAVEUR.COM](http://SAVEUR.COM)

## Picture-Perfect

The standout amid the entries in [SAVEUR.COM](http://SAVEUR.COM)'s reader sandwich photo contest was Chez Us blogger Denise Woodward's breakfast sandwich. "This is an indulgent meal," she wrote—an understatement. Between halves of a buttered, pan-grilled English muffin, Woodward tucks spinach, avocado, and a thyme-scented pork patty drizzled with hollandaise. Inside the pork: a poached egg yolk that bursts into rich rivulets (see recipe on page 90). Six other sandwiches (below) were runners-up; see all the photos at [SAVEUR.COM](http://SAVEUR.COM).



Joan Nova's codfish, fried peppers, saffron, and oregano on rustic bread



Angela Watts' grilled cheddar, roasted red pepper spread, and eggplant



Kari Godsill's yellowtail on brioche with scallion-chipotle tartar sauce



Matthew Wright's white cheddar and caramelized-onion BLT



Matt Shields' brie, tomato, and basil on sourdough topped with a fried egg



Deanna Linder's steak with grilled tomatoes, arugula, and olive oil

Along with reader Denise Woodward's winning entry for the pork patty breakfast sandwich shown below, find more than 60 other reader sandwich photos, plus an interactive global sandwich map, and exclusive videos featuring the stories behind three of our favorite sandwiches: the pastrami at Manhattan's 2nd Ave Deli, the oyster po'boy at Domilise's in New Orleans, and the zucchini and pasta sandwich at Frankies Spuntino in Brooklyn, New York, all at [SAVEUR.COM](http://SAVEUR.COM).





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# Still Smokin'

This small-town ritual is a bunch of bologna

**I**F YOU HAD visited my grandmother Adeline Dion on a Thursday in Pierz, Minnesota, where she lived until she passed, last year, you'd find a note on her door that read, "Off to bologna!" She never missed Bologna Days.

Every Thursday at Patrick's Bar in this town of 1,200, crowds gather for ring bologna. Piquant with black pepper, coriander, and garlic, this German-style cured pork sausage passes through the smokehouse at Thielen Meats, my aunt and uncle's shop in Pierz, where it takes on a rusty pink hue.



Bologna Days began in the early 1960s, when Harold Meyer walked into the bar across from his shop, Meyer's Meats, handed the bartender a ring of his home-made bologna, and said, "Tell me if it has enough seasoning." When Meyer's closed, in 1990, Thielen Meats took over the taste-testing tradition.

Today, at Patrick's, grated horseradish and buttered white bread accompany bologna hot from the smoker. Though the casing is edible, diners' plates typically sport piles of peels. Most wash down their sandwiches (\$5 for all you can eat) with a small pour of lager, called a snit—a toast to ritual, to the town's Germanic heritage, and to the lusciousness of freshly made bologna. —Amy Thielen



## Xochitl Blue Corn Chips

Lime-treated, dried blue corn is stone-ground to form the masa for these delicate azure chips, which go well with Mexican *tortas*.



## Ebi Flower Prawn Crackers

This Japanese version of a popular Asian snack food is made with potato starch, powdered shrimp, and flecks of seaweed.



## Southern Recipe Original Pork Rinds

Deep-frying puffs cured pork skin into an airy snack that's a great accompaniment to Southern ham salad or pimento cheese sandwiches.



## Hawaiian Chip Company Sweet Potato Chips

Lightly salted, these chips are made from purple Okinawan sweet potatoes, grown on the Big Island of Hawaii.



## Hula Hoops Original Rings

A British favorite since 1973, these cylindrical potato and rice flour snacks have a savory french fry flavor.



## Zapp's Cajun Dill Gator-Tators

Flavored with dill pickle and Cajun spices, these green-tinged kettle chips are named for a reptilian native of Louisiana, where they're made.



## Lam's Plantain Chips

A family-owned Guyanese company fries these chips from the banana's starchy cousin. Try them with a Cubano or another Latin sandwich.



## Hawaiian Chip Company Taro Chips

When fried, the Pacific tuber taro makes for a pretty, purple-veined chip with a firm texture and vegetal flavor.



## Homemade Kale Chips

The torn leaves of this curly, green cabbage gain a nutty, delectable taste when roasted with olive oil, salt, and freshly ground pepper.

# Chips, Ahoy!

George Crum, chef at Moon's Lake House in Saratoga Springs, New York, is often credited with being the first to serve potato chips to the public. It's likely that the chips were "invented" by Crum's sister, Katie Wicks, when, simultaneously peeling potatoes and frying crullers, she dropped a spud shaving into the deep fryer. Crum was so pleased with the result of this accident that he put the chips on the menu. By the 1890s, "Saratoga chips" were being commercially produced, and family-run chips businesses sprouted, servicing grocers and speakeasies. In the 1920s, the invention of the mechanical potato peeler and the continuous fryer increased production and bolstered the chip's rise in America. However, thin fried potato rounds precede Wicks; they were mentioned as early as 1795 in the French treatise on potatoes *La Cuisinière Républicaine*. Other chips go back even further; the corn chip's predecessor is the pre-Colombian Mixtec *totopo*, a crunchy, masa-based flatbread baked in a clay oven and meant to be long-lasting. Today, from potato to corn to Pacific taro chips, Caribbean plantain chips, and even roasted kale, there's a chip out there to go with any sandwich. Above, some of our favorites. —Eric Bielsky



# Slice of Life

The secret history of America's sandwich bread

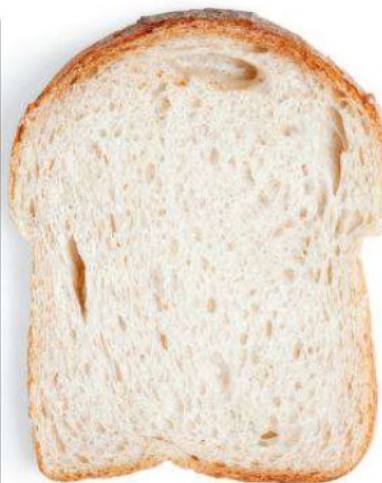
**T**EN YEARS ago, while writing a history of Livingston County, Missouri, I stumbled upon an article in the *Chillicothe Constitution-Tribune*, where I work as the news editor, announcing that sliced bread would go on the market the next day, July 7, 1928. "Chillicothe Baking Co. the first bakers in the world to sell this product to the public," the headline stated. An ad in that same edition listed stores that would sell this new bread. I was floored. Local historians had been unaware of sliced bread's connection to our town, nor had they known about Otto Frederick Rohwedder.

Rohwedder, a jeweler from Davenport, Iowa, had conceived the idea for a bread-slicing



**Otto Frederick Rohwedder, inventor of the first bread-slicing machine**

machine back in 1912, but his first blueprints were destroyed in a fire. By 1928, he had again secured the finances to manufacture a power-driven, multibladed slicer measuring about six feet long and five feet tall. The machine would push loaves through a series of alternating blades; pins would then be inserted at either end of the loaves, holding them together



snugly until they were wrapped.

Rohwedder talked to housewives throughout America to determine the desired slice thickness: slightly less than one-half inch. Many revisions later, his machine was capable of slicing 4,000 loaves per hour and handling bread of up to 18 inches long.

But the key to Rohwedder's success lay with bakers. After some of America's biggest bakeries rejected his notion that fresh bread could be commercially sliced, packaged,

and sold, Rohwedder turned to baker Marion "Frank" Bench, who worked at Chillicothe Baking Company. The two had previously shared a patent on a bread display rack, and Bench was ready to give sliced bread a try. The results were astounding: Bread sales at Chillicothe increased by 2,000 percent within a few months. The following year, Rohwedder took orders for hundreds of machines.

"The telephone rang day and night," recalled Rohwedder's son, Richard, who traveled from Arkansas to Chillicothe to share his father's archives with me.

The Depression forced Rohwedder to sell his patent. But his brainchild persists as the benchmark against which all inventions are compared: "It's the greatest thing," we say, "since sliced bread."  
—Catherine Stortz Ripley

THE PANTRY, page 104: Info on Bologna Days and for purchasing chips.

THE ONE ON THE LEFT ADDS CORN SYRUP.

AND BOTH BOTTLES ARE PURE VANILLA.

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# SOURCE



## Pop Stars

Galco's sodas stand out

BY KAREN SHIMIZU

**F**EW THINGS GO SO WELL with a sandwich as a soda. I love the way the sweet spices in root beer complement a smoky ham-and-cheese and the zing of ginger ale cuts through a rich BLT. But as the *SAVEUR* staff put together this issue and the variety of sandwiches proliferated, I realized I'd need to look beyond my corner store for soda pairings. What could match the *man'oushé* from Beirut (see page 53) or the Bombay *vada pav* (page 66)?

I turned to Galco's Soda Pop Stop, a Los Angeles emporium that stocks the ideal fizz for every sandwich imaginable. The store's rows of bottles—more than 500 sodas total—set the pulse racing. A stroll down one aisle reveals almost-forgotten American sodas like Bubble Up (a lemon-lime precursor to Sprite) and Manhattan Special's Vanilla Cream (with flecks of vanilla bean), as well as new ones, like the Sweet Blossom line of floral refreshers (one of them made with essence of rose, a fine match for the fragrant *man'oushé*) and the cucumber-laced Mr. Q. Cumber (a cooling antidote to the fiery *vada pav*). Further exploration reveals an international bonanza: melon sodas from Japan, sorrel sips from Jamaica, barley quenchers from Denmark.

For John Nese, the store's owner, the sheer diversity of his esoteric offerings is a matter of professional integrity, as well as taste. After taking over management of his family's Italian grocery and deli, in the 1990s, he discovered that the big beverage companies were charging him more than they were charging his chain store competitors. He decided to drop the corporate brands altogether. Before long, the grocer had given over entirely to sodas from independent bottlers. Nese is also committed to "real ingredients": fruit pulp rather than extracts, cane sugar instead of corn syrup. All of Galco's sodas are available by the single bottle and in mixed six- and 12-packs, making it easy to sample widely. As Nese likes to say, "It's all about freedom of choice." \$ .99–\$6.99 each, plus shipping. To order, call 323/255-7115, or visit [sodapopstop.com](http://sodapopstop.com).

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## Edible Art

Sandwich recipes in cookbooks chronicle an American obsession

BY SARA DICKERMAN

**W**HEN I WAS A KID, I used to play with my mother's cookie cutters, and I was always intrigued by a tiny set she had, in the shape of clubs, spades, hearts, and diamonds. When she told me they were used for making fancy sandwiches, I wondered who would bother making sandwiches fancy. And why would anyone want them to be so small?

Years later, when I started collecting vintage cookbooks, I began to understand the logic of

those tidbits. By my childhood, their time had already passed, but there in my mid-century cookbooks were the shape-cut sandwiches—canapés, really—laid out on a silver platter to be presented by a perfectly coiffed housewife to friends playing bridge. In an instant, I understood something about sandwiches I hadn't before: Because they are such an informal and intimate food (we eat them with our fingers, after all), they also represent an unguarded view of the moment's tastes, trends, and culinary ambitions. It dawned on me that many of the sandwiches I myself have been obsessed with at one time or another (the tarragon chicken salad

on brioche; the buttery grilled Gruyère) were not only extensions of my personal craving, but emblems of the era's culinary zeitgeist.

So I decided to look back through sandwich recipes in cookbooks to see what they could tell me about how American tastes have evolved. I was surprised to find that, as much as we love sandwiches in this country, there isn't much written evidence of them before the 19th century. I imagine it's not because no sandwiches were consumed, but because sandwiches are one of the original conve-

A fancy sandwich loaf (see page 32 for recipe)

SARA DICKERMAN's most recent story for *SAVEUR* was "A Thing of Beauty" (August/September 2010).





From left: The Good Cook series' *Snacks and Sandwiches* (1980); *Wonder Sandwich Suggestions* (1930)

nience foods—two slices of bread, some meat, and voilà! Why write about something so instinctive? Or perhaps it was because sandwiches had British connotations—it was the Earl of Sandwich who popularized them in the 18th century—that American authors weren't thrilled about honoring them. Regardless, it wasn't until 1837 that one of the first American recipes for sandwiches appeared in print, in Eliza Leslie's *Directions for Cookery*. It was for buttered bread, mustard, and thinly sliced ham—a sandwich I'd be happy to eat

## In the books and essays he published during the 1960s and '70s, James Beard championed the sandwich as a great American art form

today (though I might not need the recipe).

One of the first cookbooks devoted to the sandwich was also one of the most interesting: *Beverages and Sandwiches for Your Husband's Friends*, by *One Who Knows* (G.L. Horton, 1893). The slim volume set forth that these meals were manly food, to be eaten with alcoholic punches or fine wine. And the recipes, which are adventurous even by today's standards, read like a trophy shelf of hard-won, exotic ingredients: Camembert sandwiches (with pear!), lamb sandwiches with capers, and even sandwiches made with "Botargo" [*sic*], the salty dried tuna roe.

At the dawn of the 20th century, there

was indeed a manly air to many sandwiches: The great American hamburger, hot dog, and hero traditions were establishing themselves in the streets, but they were passed over on the printed page. These gutsy foods were not the kind favored by the reform-minded cooking experts of the day, like Sara Tyson Rorer and Fannie Farmer, who offered up the sandwich as a "dainty" food for "light entertaining." As cities got bigger and faster and louder, the bourgeois home was presented as a quiet haven from those forces. Home economists were preaching the value of modest cooking, thrift, and nutrition—effectively a kind of culinary temperance movement. In her 1894 cookbook *Sandwiches*, Rorer even tried to gentrify the workingman's lunch, proposing a double-decker sandwich, made with both wheat and white bread and spread with seasoned cottage cheese. "These are palatable, and are very much better for the average workman than bread and ham," she speculated.

But sandwiches are, by nature, fun. Eventually, recipes loosened up and encouraged homemakers to riff on the form. In the 1920s, when people could easily get their hands on tight-grained, soft-crumbed commercial sandwich bread, cookbooks and brochures published by bread and flour companies offered instructions for making whimsical party sandwiches, like the ones my mother's cookie cutters were used for. The fillings were mostly convenience foods, like tinned fruits, meats, and vegetables, mixed with store-bought mayonnaise or cream cheese to form sweet and savory spreads. There were sandwich rolls, sandwich

checkerboards, and sandwich loaves—whole bread loaves sliced longitudinally and spread with different fillings, then cut into colorful cross-sections. I chuckled at the sheer ambition of one recipe in Wonder bread's 1930 pamphlet *Wonder Sandwich Suggestions* by Alice Adams Proctor: a five-layer Tower of Pisa Sandwich, which contained, from the top down: anchovies and olives, lobster, chicken, Hawaiian salad (pineapple, candied ginger, and lettuce), and for dessert, at the bottom, cream cheese and strawberries. Proctor does not, unfortunately, offer suggestions for how this sandwich is to be consumed.

Though I have yet to make a sandwich tower, I've sometimes fallen for this impulse toward sandwich cuteness—I've picked up a couple of bento sandwich cutters at my local Japanese market and tried to shape my kids' lunches into bunnies and stars. But inevitably, those cutters have moved to the back of my own drawers, just like my mother's so many years before.

SO HOW DID WE GET from yesteryear's party nibbles to the hearty, worldly sandwiches we love today? Cooking guru James Beard had a lot to do with it. In his essays and books throughout the 1960s and '70s, he championed the sandwich as a great American art form and embraced regional recipes like heros, po'boys, and hot pastrami on rye. He also promoted the sandwiches of other cultures, from Middle Eastern pitas to Mediterranean *pans bagnats*. Before long, other cookbooks were looking around the world for sandwich inspiration: "Denmark is the country that elevated



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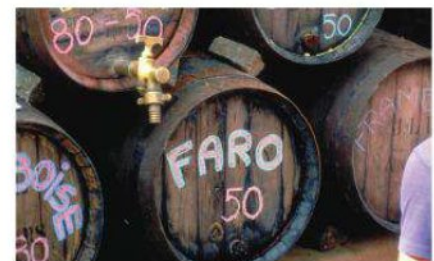
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Next stop: Bruges and **De Halve Maan**, a brewery in the city center. The 1856 building has been recently renovated and offers guided tours and full meals. What to drink? Brugse Zot, aka "Bruges Lunatic," a rich and fruity pale ale. In town, stop by **'t Brugs Bertje**, a tasting pub with 300 beers in house.

Twenty minutes away, in Ghent, **Café Dulle Griet** is a must for connoisseurs of Trappist brews. To assure that patrons turn in their empty glass and pay the bill a shoe is hoist in a net above the floor.

For more info on where to get your fix of Belgian beers [www.visitflanders.us](http://www.visitflanders.us)




the sandwich to the status of a symphony," quipped the 1963 edition of the *Esquire Party Book*, before suggesting a menu built on open-face Danish *smørrebrød*. And Anita Borghese's *The Great Sandwich Book* (Rawsons Associates, 1978), offered a global mix of handheld meals, from shish kebabs with flatbreads to Chinese roast pork sandwiches.

Suddenly, worldliness mattered in American kitchens, and the Mediterranean obsession of the 1980s led to sandwiches that showed off newly available artisanal cheeses, charcuterie, breads. One of my favorite examples is the famous Big Bread sandwich recipe in *The Silver Palate Cookbook* (Workman, 1982): a whole rustic loaf sliced in three and layered with practically every fetishized food of the era—prosciutto, sautéed red peppers, arugula. You could call it the modern-day equivalent of the over-the-top sandwich loaf—with the crusts decidedly left on.

More important, the sandwich was no longer just a quick meal, a clever party snack, or a repository for leftovers. It was a centerpiece dish for which one might, say, braise leeks or purchase a panini press. Books were spending more time talking about sandwich technique. I'm blown away by the exuberant precision devoted to sandwich-craft in *Snacks & Sandwiches*, from Time-Life's Good Cook series. Written in 1980 by food writer Richard Olney, the book includes procedural photographs for making everything from elegant open-face sandwiches to an impeccably toasted Reuben.

By the 1990s, sandwiches had become a creative outlet for chefs, too. I experienced this firsthand while working for Nancy Silverton at Campanile, her restaurant in Los Angeles. Nancy, who went on to write the exemplary *Nancy Silverton's Sandwich Book* (Knopf, 2002), used to stand over my shoulder as I spread aioli on bread to make sure it reached the outermost boundary of each slice. Every layer of a sandwich had to be assembled with near-compulsive care—a lesson that still reverberates in my mind whether I'm putting together a quick weekday turkey on wheat or a crusty weekend hero of long-braised lamb.

Since then, lots of chefs have come out with ambitious sandwich cookbooks. The recipes in Tom Colicchio and Sisha Ortúzar's *'wichcraft* (Clarkson Potter, 2009) call for today's signature ingredients: the fried farmhouse eggs; the pedigreed pork belly; the foraged mushrooms. Will these sandwiches someday appear as dated as those mid-century loaves? Perhaps, but with these recipes' big flavors and rigorous techniques, it's hard to believe that they won't make for a delicious bit of time travel. 

## FANCY SANDWICH LOAF

SERVES 8

Sandwich loaves were popular party foods in the 1940s and '50s. This updated version (see photo on page 29) combines earthy mushrooms and pistachios with baked ham and fresh asparagus.

- Kosher salt, to taste
- 14 thin asparagus spears
- 2 tbsp. canola oil
- 8–10 large button mushrooms
- 1 unsliced whole wheat bread loaf
- 1 cup mayonnaise
- Freshly ground black pepper, to taste
- 6 4" x ½" x ½" lengths baked ham
- ⅓ cup shelled pistachios
- 2 8-oz. packages cream cheese, softened
- ½ cup heavy cream

**1** Bring a 4-qt. saucepan of salted water to a boil over high heat. Add asparagus and cook until just tender, 1–2 minutes. Drain and transfer to a bowl of ice water to cool; drain and dry thoroughly with paper towels. Set aside. Heat oil in an 8" skillet over medium-high heat. Add mushrooms, cap side down, and cook until browned, about 2 minutes. Turn over and cook for 1 more minute; transfer to a bowl and let cool completely.

**2** Using a serrated knife, remove crusts from the bread to form an 8"-long square loaf; slice loaf lengthwise into 4 equal slices. Spread ¼ cup mayonnaise over one slice and top with cooked mushrooms, cap side up; season with salt and pepper. Spread 2 tbsp. mayonnaise over a second slice and place over mushrooms, mayonnaise side down. Spread ¼ cup mayonnaise on second bread slice, and align ham lengths in three rows (two pieces per row) down the length of the bread slice; fill gaps between ham pieces evenly with pistachios, and season with salt and pepper. Spread 2 tbsp. mayonnaise over third bread slice and place over ham and pistachios, mayonnaise side down. Spread 2 tbsp. mayonnaise over third bread slice and align asparagus spears, side by side, down the length of bread slice; season with salt and pepper. Spread remaining mayonnaise over fourth bread slice and place over asparagus, mayonnaise side down. Press sandwich loaf lightly to compact.

**3** Using a hand mixer on medium speed, beat cream cheese and cream until light and fluffy, 2–3 minutes. Using an offset spatula or butter knife, spread cream cheese mixture evenly over top and sides of sandwich loaf. Refrigerate until set, about 1 hour. To serve, use a serrated knife to cut loaf into 8 slices.





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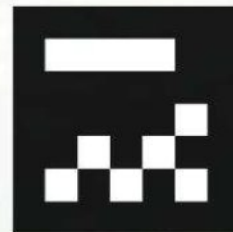
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## Bread Alone

Two aficionados of traditional Jewish rye track down the country's tastiest loaves

BY JANE AND MICHAEL STERN

**W**HAT'S THE MATTER WITH NEW YORK delicatessens? The smoked meats they serve are succulent, the chopped liver luxurious, the knoblewurst gnarly, but for the anemic rye they use to make sandwiches, a knuckle rapping is in order.

We marched to the cash register of the esteemed 2nd Ave Deli after enjoying fine, spice-rimmed pastrami on slices of what could have been Wonder bread with a tan, and expressed our extreme disappointment to the poor cashier. "I know, I know," she shrugged. "Good rye is hard to find." If you've eaten sandwiches in other famous Jewish-style delis in New York, you believe her. Katz's and the Carnegie Deli, grand as they may be in other respects, also embarrass good meat with lightweight bread, in which crust and crumb are nearly indistinguishable and caraway seeds are curiously devoid of flavor.

After consuming too many lackluster ryes, we began to wonder if we were expecting the impossible. Was our vision of the ideal deli sandwich merely euphoric recall of magnificent bread that never was? We looked at old 35mm slides of corned beef and pastrami sandwiches we'd eaten in the early 1970s, and although the pictures' colors had faded, there was no denying the luster of the bread's crust, the density of each slice, the surfeit of seeds that were plump instead of desiccated. Just to clarify, the Jewish deli rye that good meats deserve isn't the dark, heavy, all-rye-flour loaf that's indigenous to, and still prevalent in, parts of Eastern Europe (see "Regional Rye Breads," page 36); it's an American hybrid that contains white wheat flour, too, and has a fine crumb that makes it suitable for slicing and forming into sandwiches. That shiny surface is owed to an egg-wash glaze; its tang usually comes from a sourdough starter; and its bottom is covered with cornmeal (hence the common nickname corn rye).

A bit of research revealed that, despite glaring instances of mediocrity, classic Jewish rye—full flavored, with a sturdy crust—can still be found

in this country, even in New York. The place to look is not the Lower East Side, where gentrification threatens even Katz's, but the Upper East Side, at Orwasher's Bakery, which makes oversize loaves that are deliriously crowded with caraway seeds, and on the Upper West Side, at Zabar's, where glossy, amber-hued loaves pack a deep rye-berry tang.

Counterintuitive as it might seem, some of the nation's most distinguished deli rye is found far from New York, in cities that aren't generally known for their Jewish culture—like Indianapolis, for instance. Yes, Indianapolis, where the 1905-vintage Shapiro's Delicatessen begins making its authoritative loaves (as well as bagels and onion buns) at midnight so that they're ready to slice by 6:30 A.M., to accom-

**Sandwiches made with lean but luxurious house-made corned beef are served on extra-thick slices of fragrant rye—the perfect foil for plush meat**

pany corned beef hash and corned beef omelettes. Sandwiches of the lean but luxurious house-brined beef are served on slices of rye that are hand-cut extra thick.

Manny's Coffee Shop and Deli, at the southwestern edge of the Chicago Loop, is another Midwestern corned beef mecca where, like at Shapiro's, the service is cafeteria style. The highlight of Manny's effulgent line, which includes the likes of knishes and kishke and chicken soup with matzo balls or kreplach, is going one-on-one with corned beef slicer Gino Gambarota. "Lady, this isn't Highland Park," he scolds a slender suburbanite who asks for only half a sandwich. The behemoth is made on morning-fresh rye from Northbrook-based Highland Baking Company, and it contains a mound of brick red meat so massive that the bottom slice of rye is buried and the top one sits like a little yarmulke. Yet the surplus does nothing to diminish rye's essential role as a sour foil for plush meat. If you can get the bread mavens of Chicago to pause in their hosannas for the bagels at Kaufman's, they might let

JANE and MICHAEL STERN are *SAVEUR* contributing editors and the authors of *Roadfood.com*.





Rye bread loaves at Zingerman's bake-shop in Ann Arbor, Michigan

REGINA BOONE



you know that the rye bread made at this beloved mid-20th-century deli-bakery is corned beef's best friend. Kaufman's two-pound loaf is a heavyweight dirigible with a golden brown crust, a khaki crumb, and the pungent ping of caraway seeds that typifies so many Midwestern deli ryes. (The excellent loaf made by Davis Bakery, in Cleveland, is an identical twin.) It has all the brawn needed to support a superior Reuben, in which corned beef is combined with Swiss cheese and sauerkraut, the whole shebang grilled to hot, melty succulence and topped with Thousand Island dressing.

Good rye on the West Coast ranges from the crusty, light artisanal loaf laced with glistening ribbons of sweet onion at Seattle's Macrina Bakery to the caraway- and cornmeal-surfaced classic at San Diego's D.Z. Akins. San Francisco's Acme Bread Company makes a dark, hard-crust old-world loaf that's so buff, it's more suitable as an accompaniment to borscht or stew than as a sandwich exoskeleton. For an exemplary deli sandwich made on beautiful rye, the place to go is Langer's, in Los Angeles, where the loaves—made by Bea's Bakery, in Tarzana, then double-baked in-house—are moist and tender, with a subtle sour tang and a wickedly crisp crust. The rye is sliced thick and likely will still be warm when it gets loaded with heaps of tender corned beef.

But America's very best deli rye? No contest. We found it in Ann Arbor, Michigan, when we noticed that the bread that Zingerman's Deli used to construct our Diana's Different Drummer sandwich (brisket, Russian dressing, coleslaw, and horseradish) was sensational. It comes from Zingerman's Bakehouse, which makes loaves of rugged rye that are

dense and springy, laced with the taste of hearth smoke. Of the 500 or so loaves Zingerman's might bake in a day, about 20 or 30 are set aside to be sliced and mixed with water to become mash used in the next day's batch—a trick traditionally used by thrifty bakers who wanted to put day-old bread to use and turbocharge its flavor. This infusion of already risen and cooked bread combines with a high ratio of rye-to-regular wheat flour and a good measure of the rye-sour culture originally created when the bakeshop began to produce the great holy grail for rye bread lovers, in 1992. Comanaging partner Amy Emberling calls it "turn-of-the-century rye; Lower East Side American rye." Frank Carollo, the other comanaging partner, explains that their rye gets its firm, shiny crust because, after being mixed, rising, being shaped, and rising again (five hours in all), each loaf is brushed with water and baked in a chamber full of steam for five minutes. The steam is drawn out of the oven, and about 40 minutes later, when the bread is done and still hot, it is brushed with water again, creating a distinctive crinkly, crisp surface. It's a traditional technique that was common among Jewish bakers in New York City during the 1960s.

Zingerman's loaves are available in all the classic configurations: laced with caramelized onions; either studded with caraway seeds or with caraway seeds ground into the dough. While the torpedo loaf is standard, the bakeshop also makes a circular rye that weighs two kilos, an edible monument that calls out for cold cuts, hot cured meats, and smoked fish—or for nothing more than a stick of softened butter to lay bare the pure joy of good old-fashioned rye bread. 🐘

## Regional Rye Breads

Rye bread is not and never was a single something. Regional variations have always abounded, across Scandinavia, Eastern Europe, and Russia—places where rye grows more easily than wheat. Some recipes call for 100 percent rye flour; others combine rye and wheat. Sourdough starter, used as a fermenting agent, gives many rye breads their characteristic sour taste, and the addition of ingredients like onion, cabbage, and potato is common. Different grades of rye flour—pale, medium, dark, and darkest—produce breads with distinctive flavor profiles and colors. Darker flours—the darkest is pumpernickel—con-

tain more of the bran and produce more emphatically flavored breads.

When famine and war drove millions of Eastern Europeans to America's shores in the early 20th century, the new arrivals brought their love of rye bread with them, as have more recent waves of immigrants. Across the States, it's possible to find many styles of rye bread hailing from different cultural traditions. Below are a few of the more common varieties. —*Michaele Weissman, author of God in a Cup (Wiley, 2008) and a forthcoming book about rye bread*

**Finnish Rye** Finns bake and eat many kinds of rye breads. A popular whole-grain rye called *ruis* is round, dense, and flat, with no discernable sourness. It pairs well with mild cheeses and butter.

**German Rye** One popular style of German rye bread, known as *vollkornbrot* (pictured below), contains rye flours and whole-kernel rye grains. German bakers are also known for sourdough pumpernickel made with the darkest-grade rye flour.

**Lithuanian Rye** Most start with a sourdough base and combine wheat and rye flours to produce a bread of medium color, density, and sourness. Some bakers add scalded milk to their dough, to promote fermentation. Instead of caraway, they often flavor their rye with onion or cabbage.

**Latvian Rye** Latvia's best-known rye bread is a dark, dense, 100 percent whole-grain rye called *rupjmaize*, which contrasts sourness with a mild sweetness. Latvian rye goes particularly well with smoked fish, charcuterie, and highly flavored cheeses, such as Roquefort.

**Jewish Rye** This chewy-on-the-outside, tan-color bread—combining rye and wheat flours, along with a rye sourdough starter—originated in Poland hundreds of years ago. Poland's large Jewish population favored this bread, which in the New World came to be known as Jewish rye, the ultimate deli bread.

**Russian Rye** Russians bake many different rye breads. These often combine rye with wheat or other grains. One of the most famous, Borodinsky, commemorates a key battle in Napoleon's failed 1812 invasion of Russia. Modern versions of this medium-firm bread combine dark rye and wheat flours, a special sourdough starter, molasses, and ground coriander.

**Danish Rye** The dense, coarse texture of *rugbrød* (the base for the country's famous open-face sandwiches) stems from the fact that bakers use stone-ground rye berries to which they add wheat, sourdough starter, and, on occasion, seeds, creating a heavy, chewy bread with a nutty taste.





A man and a woman are standing in a sunlit courtyard with stone arches. The man, on the left, is wearing a white button-down shirt and light-colored pants, smiling and gesturing with his arms. The woman, on the right, is wearing a straw hat and a yellow and white patterned strapless dress, holding an acoustic guitar. The sun is low in the sky, creating a warm, golden glow and lens flare. The background shows a green lawn and distant hills.

Well hello,  
*sunshine.*

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# The Sandwich

**Issue** In many ways, the sandwich is the perfect food. It's a complete, handheld meal in an edible container. Think of the simple and satisfying peanut butter and jelly—main course and dessert all in one—or the well-calibrated balance of cold cuts, spicy pickles, and fresh cilantro in a Vietnamese *banh mi*. Many sandwiches are portable, but others, like Chicago's gravy-drenched Italian beef, demand to be eaten on the spot. They integrate ingredients from every corner of the planet in a form that is universally familiar and endlessly variable. Anybody can make one, but the best of them display real finesse and creativity. After years of eating them on the go, we're ready to pause and give sandwiches our undivided attention. —*The Editors*









## FULL STEAM AHEAD

People have eaten sandwiches for as long as they've baked bread, but this culinary form really came into its own in the modern era. The sandwich assembly line shown here, photographed in an Italian grocery store in 1913, is a prime example. The mustachioed team is building sandwiches by the dozen to fill street vendors' baskets. What better food to fuel the fast-paced lifestyle of an increasingly urbanized population? Eminently portable, sandwiches became a standby for office and factory workers unable to eat lunch at home, as many of their preindustrial forebears had done. They were just the thing to take along on freshly laid railway lines to picnics in the countryside, and a suitable companion for all sorts of leisure activities. Charles Dickens, in the "Uncommercial Traveller" series he wrote for the journal *All the Year Round*, in 1860, describes the fare available at the refreshment bars of London theaters: "The sandwich—as substantial as was consistent with portability, and as cheap as possible—we hailed as one of our greatest institutions. It forced its way among us at all stages of the entertainment, and we were always delighted to see it." Think, too, of Leopold Bloom, in James Joyce's *Ulysses* (1922), ducking into a Dublin pub at lunchtime. "A cheese sandwich, then," he says. "Gorgonzola, have you?" With a glass of French burgundy, Bloom's sandwich neatly sums up the cosmopolitan pleasures of inhabiting the modern city. —Beth Kracklauer



# Chef's Special

*Pros apply their savvy to the humble sandwich*

**P**ICTURE YOURSELF as a cook in a restaurant kitchen when the frenetic pace of dinner service begins to taper off. It's after midnight, and you've been on your feet for ten, maybe 12, hours. As the adrenaline dies down, you're bone tired and suddenly overwhelmed by hunger, a marathoner crossing the finish line. This isn't the time or place for a leisurely meal. You grab a couple of pieces of bread from the wait station and start filling them with scraps from your *mise-en-place*. You eat standing up, eager to get on with cleaning your station, so that you can head to bed or, more likely, to a bar. People always seem curious about what chefs eat. The answer is sandwiches. Lots of sandwiches.

Still, when it comes to those late-night creations, whether at work or at home, we use quality fillings, from homemade aioli to bakery-fresh loaves. We reach for the pork tenderloin from last night's dinner, a half-eaten rotisserie chicken—foods we'd want to consume with or without two slices of bread. Eight years ago, when we created 'wichcraft, our New York City-based chain of sandwich shops, it was with that principle in mind. We choose ingredients that lend the right balance of acid, sweetness, salt, and, sometimes, spice, the same way we design a dish for a restaurant. Sautéed black trumpet mushrooms add an *umami* note to grilled cheese. Pickled red onions and roasted tomatoes are bright counterpoints to a creamy chicken salad sandwich. Then there's texture: A slaw or salad green introduces

bite; avocado, mayonnaise, or a poached egg lends a creamy mouth-feel. One of our favorite sandwiches is a calamari sub that embodies all of these qualities: The richness of the fried seafood is cut by the acid from the lime juice and the heat from the chiles; cilantro and fennel bring fragrance and sweetness; cucumber adds crunch to the soft potato roll and the tender squid.

A sandwich, unlike a restaurant entrée, is a meal eaten in the hand, sometimes hours after it's prepared. It needs to be constructed so that it doesn't fall apart. Selecting the right bread is essential—it should be firm enough to absorb moisture without getting soggy, but not so firm that the contents fall out when you clamp your jaw around it. Cheese goes next to the bread to reinforce the structure. Don't put condiments

**It's attention to detail—quality ingredients, balanced flavors—that makes a sandwich great**

next to lettuce, or they will slide off, right onto your shirt. Greens should go on top, so that they don't get crushed, as should anything wet (tomato, for example), so that the bottom of the sandwich doesn't get damp. Place smaller components, like pickles, between the meat and the cheese, so that they're held firmly in place. It's attention to details like these that makes the difference between a good dish and a great one, whether it comes between two slices of bread or not. —Tom Colicchio and Sisha Ortúzar, owners of 'wichcraft and authors of *'wichcraft: Craft a Sandwich Into a Meal—And a Meal Into a Sandwich* (Clarkson Potter, 2009)







1



2



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5



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## SHINING EXAMPLES

These chef-created sandwiches are some of the most inventive and lovingly constructed we've had. **1** At Double Crown in New York City, Chris Rendell makes a **foie gras sandwich** with kumquat-ginger relish, radishes, and pea shoots. **2** The cumin-spiced **sweetbread pita** from Yossi Elad of Jerusalem's Machneyuda has a bright topping of chopped preserved lemon and jalapeño. **3** Ana Sortun of Sofra Bakery in Cambridge, Massachusetts, lavishes her **chicken shawarma** with sautéed escarole and toum, a garlicky Middle Eastern mayonnaise. **4** The **crab cake sandwich** at David Lentz's Hungry Cat restaurants in Hollywood and Santa Barbara, California, comes with romesco sauce and shaved fennel, red onion, and arugula. **5** Tuna mayonnaise gives April Bloomfield's **roast pork sandwich** at John Dory Oyster Bar in New York City a savory boost. **6** At the Lima, Peru-based Pasquale Hermanos, Gastón Acurio's **Asaltado Vegetariano** combines stir-fried vegetables with a citrusy chile-mayonnaise. **7** Fiery sriracha sauce and fresh herbs and cucumbers balance the richness of author Tom Colicchio's **fried calamari sandwich**. (See page 86 for recipes.)

TODD COLEMAN (7)



# Dreamy Good

*You can always count on a grilled cheese sandwich*

**P**LANS FALTER, economies and empires collapse, the no-fail recipe fails. But you can pretty much take it on faith: Grilled cheese will not disappoint.

I'm not just talking about the ones at those increasingly rare diners, frozen thrillingly in an Edward Hopper past: vintage greasy spoons with flexible refrigeration standards and relaxed thinking about how often the griddle gets scoured, where the bacon may be a relic of yesterday's breakfast, but the grilled Swiss on rye is always fresh and fabulous. Grilled cheese was one of the first things I learned to make as a kid, and certainly one of the earliest on which I dared to experiment—mozzarella instead of Velveeta, sourdough instead of Wonder. Whatever the version, it has everything you want in a savory: crunch and yield, oil and snap, warmth and salt and butter.

By some estimates, Americans consume more than two *billion* grilled cheese sandwiches a year, but my favorite bit of grilled cheese lore is this: For much of its early life in this country, from the 1920s until the '70s, a grilled cheese sandwich was called a "cheese dream." How perfect. —*Francine Prose, author of My New American Life (HarperCollins, 2011)*



## SANDWICH time line

### 1st Century B.C.

In Roman-occupied Jerusalem, **Rabbi Hillel the Elder** eats Paschal Lamb and bitter herbs on matzo. The herbs symbolize the Jews' bitter enslavement in Egypt, and the unleavened bread symbolizes their hasty escape. The Hillel sandwich, minus the lamb—matzo with bitter herbs (parsley, fresh horseradish, endive)—is still eaten at Passover seders.



### 1400s

**Trenchers**, thick slices of bread, serve as plates in medieval place settings and are topped with thick stews, meat pies, and roasted meats.





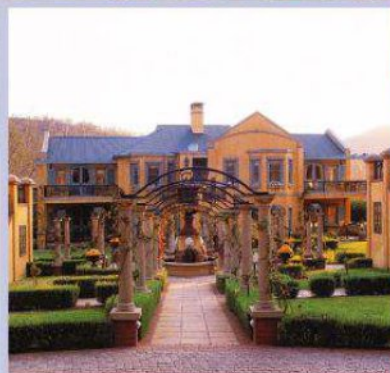
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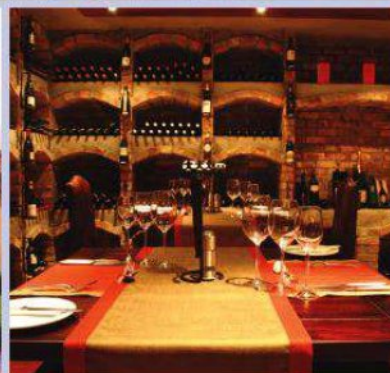
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**1** The French **batard** has a thick, crusty exterior that lends heft to sandwiches.

**2** Dutch **crunch** from California is smeared in rice flour paste before being baked, to create a textured crust.

**3** Dhal **puri roti**, made with wheat flour and yellow split peas, is a popular West Indian sandwich wrap.

**4** Russian **black bread**, baked with molasses and rye, pairs well with corned beef or egg salad.

**5** At Tartine in San Francisco, they use their signature **country bread** for rustic sandwiches with fillings like soppressata, fontina, and broccoli rabe pesto.

**6** The **kaiser roll**, a deli classic with roots in Austria, was named for its resemblance to the emperor's crown.

**7** The coarse-ground rye in **pumpernickel** caramelizes during baking to produce a rich, dark hue.

**8** **Mantou**, a Chinese steamed bun, is delicious split and filled with roast pork.

**9** Jamaican patties (pies) often come sandwiched in buttery **coco bread**, which, despite the name, contains no coconut.

**10** **Pita** flatbread wraps falafel, shawarma, and many other Middle Eastern sandwiches.

**11** Irish **soda bread** has a moist texture that pairs well with cheddar.

**12** **Choreg** is a brioche-like, seed-strewn Armenian Easter bread.

**13** Many Mexican torta sandwiches come on a pillowy **telera** roll.

**14** In Colombia and Venezuela, cornmeal **arepas** are split and stuffed with cheese and other fillings.

**15** Orwasher's Bakery in Manhattan makes this

**miche** round, a good, sturdy bread for grilling.

**16** **Focaccia** has a similar texture to pizza crust: chewy and fluffy.

**17** Soft, white **Pullman loaf** is the iconic American sandwich bread.

**18** A classic Cuban sandwich comes on a torpedo-shaped **Cubano roll**, pressed and grilled.

**19** Eggy **challah** is a rich alternative to traditional white bread.

**20** Malty **beer bread** from Orwasher's is great with charcuterie.

**21** Bombay street vendors fill yeasty **pav** buns with croquettes, curries, and other ingredients.

**22** A **sesame seed bun** is a popular choice for roast beef, grilled chicken, and burgers.

**23** Sturdier than white bread, sliced **Italian loaf** pairs well with cold cuts.

**24** Traditionally used in Italian panini, **ciabatta** has an airy crumb and a pleasant tangy flavor.

**25** This lofty **English muffin** from Sarabeth's Kitchen in Manhattan makes a fine base for a breakfast sandwich.

**26** Punjabi **paratha** flatbread fried in ghee is a luxurious wrap for vegetarian fillings.

**27** Italian **piadina** enfolds everything from salumi to Nutella at piadinerie throughout the Romagna region.

**28** Hearty Finnish **ruis** (rye), sliced thin, is a base for Nordic-style open-face sandwiches.

**29** In China's Shaanxi province, clay oven-baked **mo** is stuffed with stewed pork or beef, cilantro, and peppers.

**30** Thin **lavash** flatbread wraps Turkish kebabs and other sandwiches, and it's also eaten dry, like a cracker.



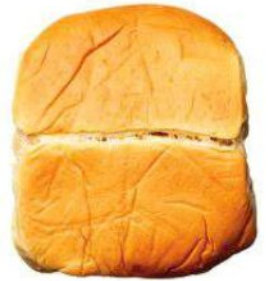




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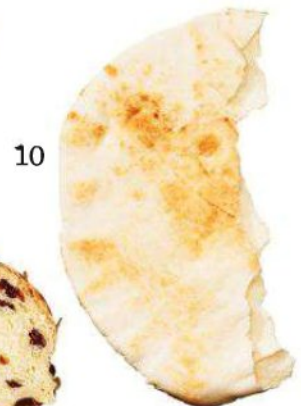
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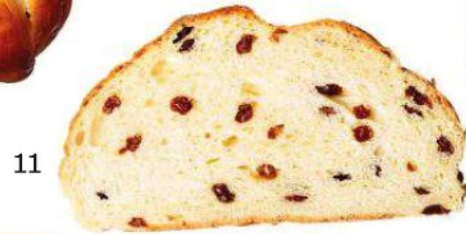
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# Give Us Bread



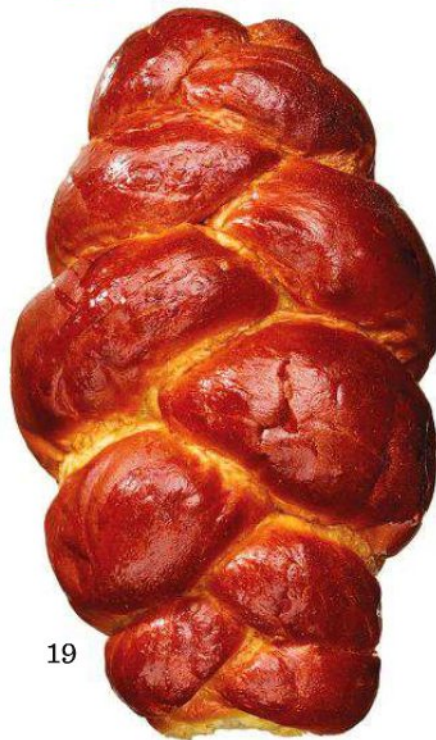
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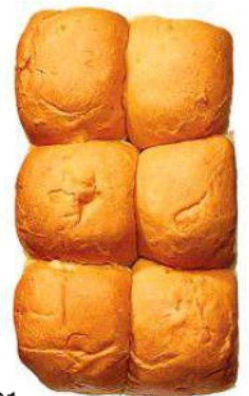
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# Sandwich City

*There's no better place for lunch on a roll than Philly*

**I**N PHILADELPHIA, my hometown, the corner deli is the community anchor, and our indigenous foods are hoagies and cheesesteaks. Me, I work in a machinery warehouse. I have two young sons, and I'm the guardian of a ravenous teenage boy. I don't follow "best of" lists, but I know what the average guy eats. So when my sister Betsy, a *SAVEUR* editor, asked for suggestions, I mentioned the places where I get a good feeling—like my local deli, J&G Lunchmeat Villa, in Ardmore. A hapless boozier nicknamed Dr. Hoagie used to work there; his skill in life was making sandwiches like the Special: mortadella, capicola, salami, cheese, and, in my case, jalapeños. It wasn't, and isn't, gourmet food, but I've been ordering it for three decades.

Other delis tinker. Chickie's, in South Philly, tops its fried tomato hoagie with four kinds of provolone. It's ambitious, but I can really get into it. Still others go for size. Greenman's, in the Northeast, makes its hoagies two feet long. It takes two people to lift one, and four guys to eat it.

Of course, other cities have their heros or subs. But the cheesesteak is a Philly original, and the places that serve the best never change. Take Chink's Steaks. Samuel "Chink" Sherman was a raconteur and a horse gambler who opened a shop near Greenman's in 1949. When he died, his apprentice took over, and he's been behind that grill for 33 years, piling thin-sliced rib eye on a roll with American cheese. At Jim's, in West Philly, for 72 years, the key add-ons have long been Cheez



*Top round steak is grilled for sandwiches at Johnny's Hots in Philadelphia.*





## PHILLY TASTES

Philadelphia has its immigrants to thank for its sandwiches. In the 1800s, the city's workers brought from Italy a taste for sandwiches on long bread, carrying them to the factories and dockside for lunch. The hoagie likely was named by former jazzman Al De Palma, who opened a deli in 1936, coining his wares after a comment he'd made years earlier while watching fellow musicians devour Italian sandwiches: "You had to be a hog" to eat one. Over the years, his "hoggies" became "hoagies."

The city's steak sandwich was invented by Pat Olivieri, founder of Pat's King of Steaks, in South Philly. Olivieri was a hot dog vendor who, tired of wieners one day in 1930, threw some meat scraps on his pushcart grill for lunch. The first cheese-steak, topped with provolone, is also a Pat's creation. The Italiano—meat, greens, and sharp provolone—is a more recent South Philly tradition. Shank's & Evelyn's (now Shank's Original Luncheonette), which opened in 1962, served one of the first Italianos, which was made with a chicken cutlet. The pork version came with a side of sautéed greens, which some customers requested on the roll.

The "combo," a marriage of hot dogs (and, later, hot sausages) and fish cakes, was the brainchild of Abe Levis, a Lithuanian Jew who opened a Philly franks shop in 1895. John Danze, of Johnny's Hots—located in Fishtown, the former locus of the city's shad fisheries—serves it with "pepper hash," a Pennsylvania Dutch cabbage-and-bell pepper relish that has long been a popular local condiment for fish.

—Betsy Andrews

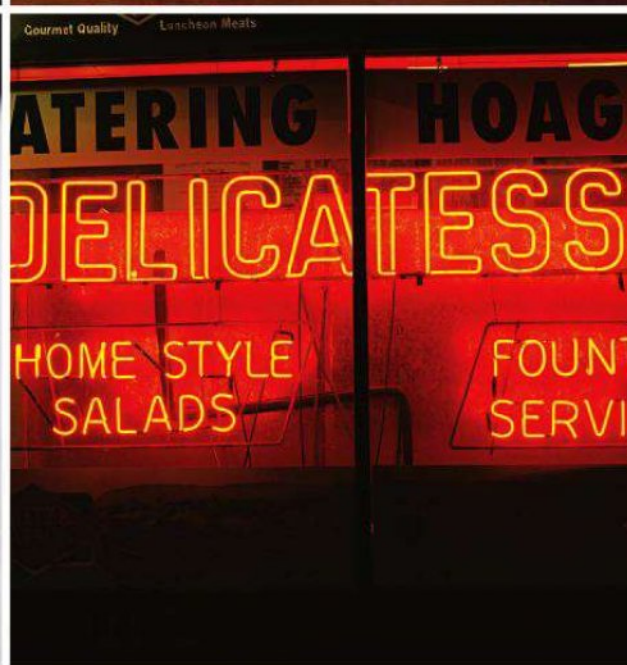
TODD COLEMAN



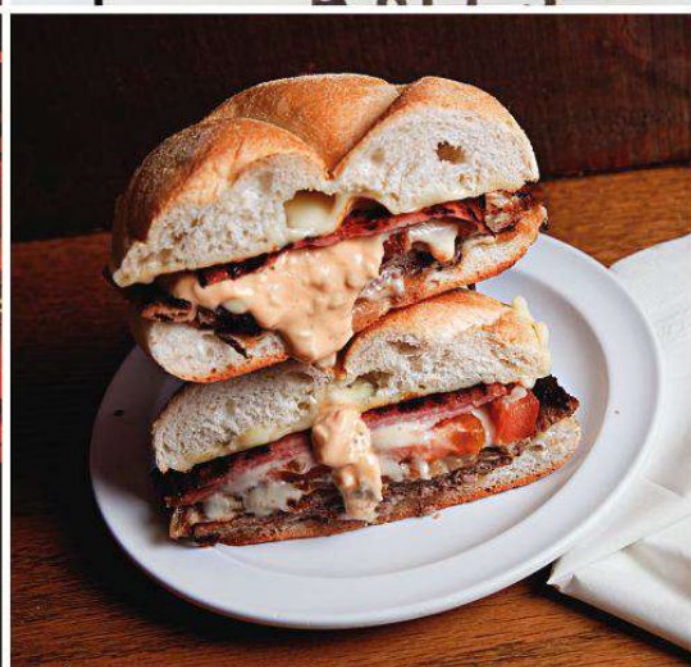
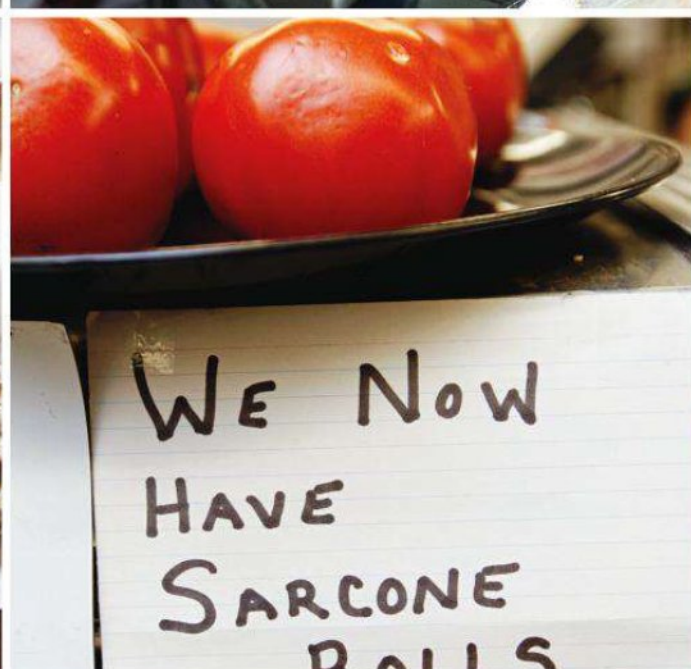
Whiz and a wicked hot sauce.

I also have to mention one cheesesteak relation, a local oddity named the Schmitter, after an old Philadelphia beer. The sandwich is served at the ballpark, but it comes from McNally's Tavern, in Chestnut Hill. I've studied its blueprint: American cheese, steak, fried onions, tomatoes, cheese, grilled salami, "special sauce"—which is like Thousand Island dressing—and more cheese, on a local kaiser roll. With beer and potato chips, it's totally appealing. Less well-known than the cheesesteak but just as indigenous is the roast beef or roast pork Italiano, topped with sautéed greens and cheese. It comes from South Philly, the original home of DiNic's, which is now located in the upscale Reading Terminal Market. DiNic's gets my vote for the most beautiful roast beef, broccoli rabe, and sharp provolone sandwich; these guys prepare it all from scratch. But they've lost the street character of a place like John's, a fourth-generation shop located in a South Philly cinder-block bunker, where the roast pork with gravy, fried long hot peppers, and garlicky spinach makes a good package—one almost as tasty as the sandwich served at Lenny's, a sleeper out in the suburbs: moist, fennel-scented pulled pork on a football-shaped semolina roll.

Finally, there's the hot sausage and fish cake at Johnny's Hots, a take-out place by the Delaware River frequented by dock workers and cops. These fat, spicy beef sausages, seared so that their skin snaps, are wedged with creamy codfish cakes onto shiny little rolls. Philadelphians top this sandwich with pepper hash, a finely chopped Pennsylvania Dutch slaw. It's nothing fancy, just straight to the point. Which is the way a sandwich should be, in my opinion. —*Albert John Andrews, eating Philly sandwiches for half a century and counting*







## THE GUIDE

Philadelphia

**Chickie's Italian Deli**  
1014 Federal Street  
(215/462-8040;  
chickiesdeli.com)

**Chink's Steaks** 6030  
Torresdale Ave-  
nue (215/535-9405;  
chinksteaks.com)

**DiNic's** 51 North  
12th Street in Read-  
ing Terminal Market  
(215/923-6175)

**Greenman's Delica-  
tessen** 2900 Robbins  
Avenue (215/288-  
3336)

**J&G Lunchmeat Villa**  
373 East County  
Line Road, Ardmore  
(610/642-9477)

**Jim's Steaks** 431  
North 62nd Street  
(215/747-6617;  
jimssteaks.com)

**John's Roast Pork**  
14 East Snyder Ave-  
nue (215/463-1951;  
johnsroastpork.com)

**Johnny's Hots** 1234  
North Delaware Ave-  
nue (215/423-2280)

**Lenny's Italian Deli**  
900 Fayette Street,  
Conshohocken  
(610/825-4569)

**McNally's Tavern**  
8634 Germantown  
Avenue, Chestnut  
Hill (215/247-9736;  
mcnallystavern.com)

**Shank's Original**  
Uptown 900120  
South 15th Street  
(215/629-1093)

Top row, from left:  
Chickie's hoagies;  
enjoying a pork  
Italiano at Lenny's;  
steak at Johnny's Hots;  
Wazir Sealy with a  
milk shake and a tuna  
hoagie at Greenman's.  
Second row, from left:  
owner Joe Groah, at  
Chink's Steaks; DiNic's  
roast beef, pulled pork,  
and roast pork sand-  
wiches; a sign at J&G  
Lunchmeat Villa;  
Johnny's Hots' chicken  
cheesesteak. Third  
row, from left: J&G's  
Special; outside Green-  
man's; McNally's  
Schmitter; Carol Long  
at work at Jim's Steaks.

TODD COLEMAN (12)



# Special Treats

*Some of the tastiest sandwiches are sweet*

**S**INGAPORE, CIRCA 1980. The recess bell rings, and the surge of classmates carries me out the door, down the stairs, and around the corner to the school canteen, where the wave of ravenous pupils breaks with a roar against the crowded snack counter. We throw down our money for ice cream *loti*, a cooling panacea for brains sore from learning: fluffy bread (“*loti*” being a colloquial mispronunciation of “*roti*,” the word for bread in Malay) sandwich-

**The shock of a cold and sweet ice cream sandwich never loses its simple, delicious appeal**

ing scoops of sweet, milky ice cream. The soft slices, tinted circus-bright pink, yellow, and green, gently swaddle my choice of raspberry ripple, vanilla, chocolate, durian...or perhaps, for a few cents more, a thick slab of Neapolitan ice cream, its gaudy tricolor hue clashing irresistibly with the bread's pastel swirls. I chase crumbs and drips, sink my teeth into cushiony and creamy layers—the shock of this cold, sweet ice cream sandwich never gets old, never loses its simple, delicious appeal. Three decades later, as an adult living in Singapore, I am cued by the bells of ice cream carts—no longer the jingle of the school bell. But the treat, and my sheer enjoyment of it, remain exactly the same.

—*Christopher Tan, food writer and cookbook author*



*Nutella, the hazelnut-chocolate spread, on ciabatta toast, a popular breakfast throughout Europe*



*Ice cream sandwich with corn and ginkgo nuts from chef Pichet Ong of Spot Dessert Bar, in New York City*



*Fromage blanc, bananas, and quince paste on country bread from Tartine, in San Francisco*



*The Elena Ruz, a Cuban specialty made with sliced turkey, strawberry jam, and cream cheese*



*Chock Full o'Nuts Nutter Butter sandwich, made on date-nut bread with cream cheese and walnuts*



*Australia's Hundreds and Thousands sandwich, made with butter and sprinkles on toasted white bread*



*An ice cream loti, a popular dessert in Singapore (See page 88 for recipes.)*



# Survival Food

*This sandwich brings a community together*

**T**HE MIDDLE East has some well-known sandwiches—the chickpea-based falafel, the shaved-meat shawarma, the kebab. But my favorite is *man'oushé*: a round flatbread that's baked while you wait, topped with one or more of a dizzying array of ingredients, then rolled or folded, and stuffed into your mouth. In the years I lived in Beirut—roughly 2003 to 2009, during which I witnessed wars, assassinations, uprisings, and street battles—I learned to expect two things: political instability, and the satisfaction of the *man'oushé* from my neighborhood *furn*, the communal bread oven where people would always gather.

The resident baker was Abu Shadi, a burly man with shoulder-length highlighted hair who opened his *furn* just off Bliss Street back in 1988, when militiamen still ruled the streets. It took a lot to faze him. No matter what was happening, you could find him stretching the elastic rounds of bread and shoveling them on long wooden paddles into the roaring-hot *furn*.

You can take your *manaeesh* home, but the best way to eat them is hot from the oven, and preferably talking, with your mouth full, about politics. The iconic Lebanese *man'oushé* is spread with olive oil and *za'atar*, a mixture of dried herbs, tart sumac, and sesame seeds, but you can also get it made with fiery Armenian sausage, olive oil, and ground Aleppo pepper; ham and eggs; beef or lamb *kofta*; or any of an infinite variety of other toppings

(the version shown is made with *haloumi* cheese, pickled vegetables, and fresh mint). You can invent your own. Or you can put your fate in the hands of your baker and tell him, “Ala zow'ak,” meaning it's up to him.

During Lebanon's 15-year civil war, cooking gas would periodically run out, and the neighborhood *furn* became essential to survival. People would bake their own bread there, an age-old practice immortalized in the saying, “Bring your dough to the baker, even if he eats half of it.” The habit of going out for *manaeesh* and gossip became a touchstone of Lebanese life; today, the *furn* is to Lebanon what the pub is to the British Isles, points out my friend Barbara Abdeni Massaad, who wrote the great book *Man'oushé: Inside the Street Corner Lebanese Bakery* (Alarm, 2005).

The civil war is over. But Lebanese politics remain so unpredictable that people rely on fortune-tellers to tell them what's going to happen. There is, however, one foolproof sign that trouble is on its way: the line at the neighborhood *furn*. When things are about to get bad again, all of Beirut finds itself craving crisp, chewy, oily bread blistered in the oven and topped with something warm and spicy. My husband and I have gone to Abu Shadi during wars, riots, all-day traffic jams, and, once, when Lebanon had gone without a president for three months, to find out whether the country's parliament had appointed a new one (it hadn't). “President or no president, what's the difference?” shrugged Abu Shadi, sliding a paddle full of *manaeesh* into the oven. He was right: The government might collapse, but the *furn* keeps going. —Annia Ciezadlo, author of *Day of Honey: A Memoir of Food, Love and War* (Free Press, 2011)





There are lots of ways to make a ham and cheese sandwich, but if you ask me, the French way is best. I had my first *croque monsieur* shortly after moving to Paris 25 years ago, at a bygone café on the rue Royale. I let a French friend order for me, and the waiter brought out the most marvelous thing: a puffy grilled cheese sandwich, dotted with little islands of crisped, golden cheese and covered with a creamy béchamel sauce that encased the toasted bread and *jambon de Paris*. My friend's version looked just as good, only hers was topped with a barely set fried egg: a *croque madame*.

Over the years, I've dismissed the misty folklore that says the *croque* came to be when some workmen left their ham and cheese sandwiches next to a radiator. Regardless, by the 1920s, it was a staple of the cafés along the grand boulevards of Paris. And I've learned that there's no single way to make one. At Le Nemrod, the lively Left Bank café that's my go-to address for really good *croques*, they serve them not with a classic béchamel, but with a sauce made of whipped, grated Emmenthal, milk, cream, and blond beer. What never changes are the basic ingredients: ham, cheese, and bread. A perfect combination, if ever there was one.

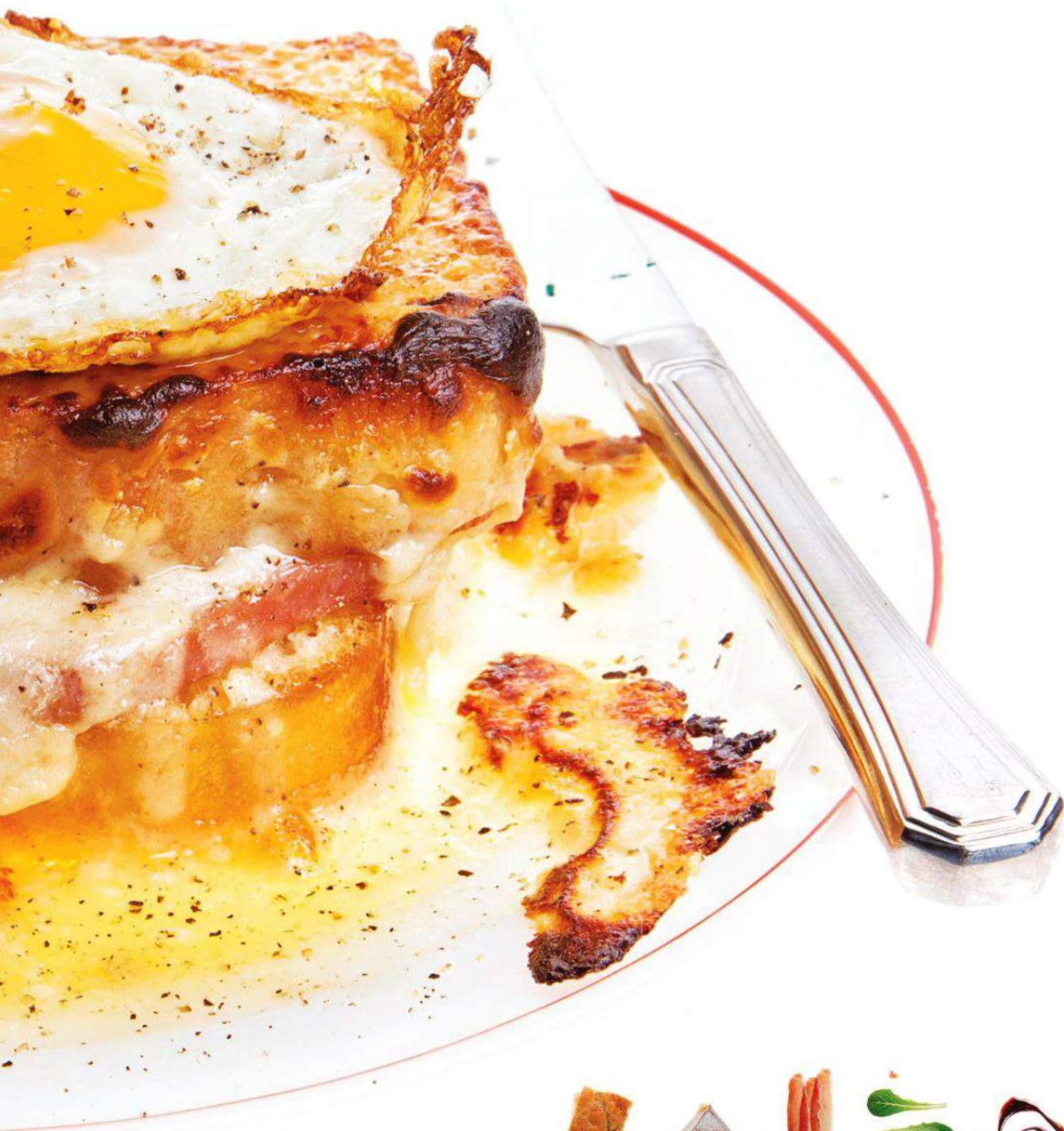
—Alexander Lobrano,  
author of the newly  
updated *Hungry for Paris* (Random House,  
2010)



# Classic Combination

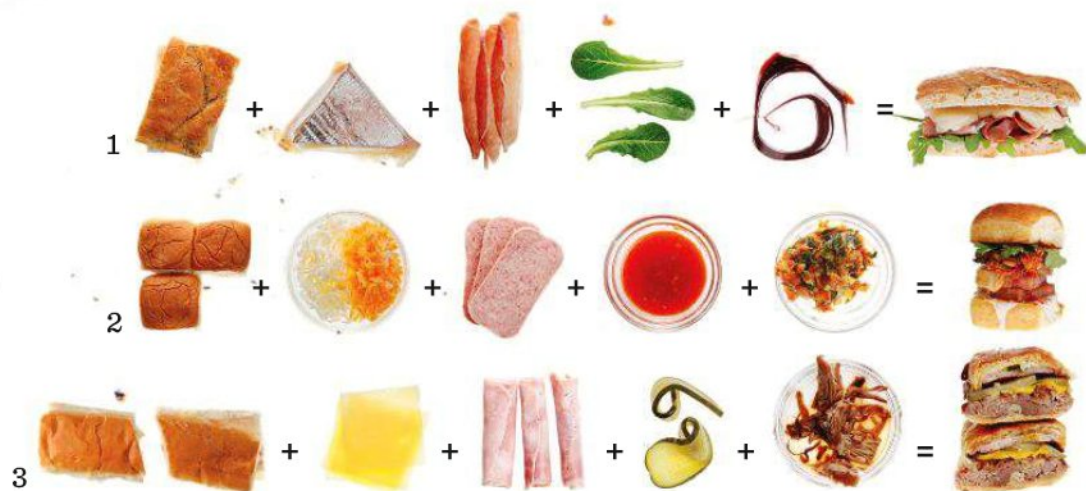
TODD COLEMAN





### MORE CONTENDERS

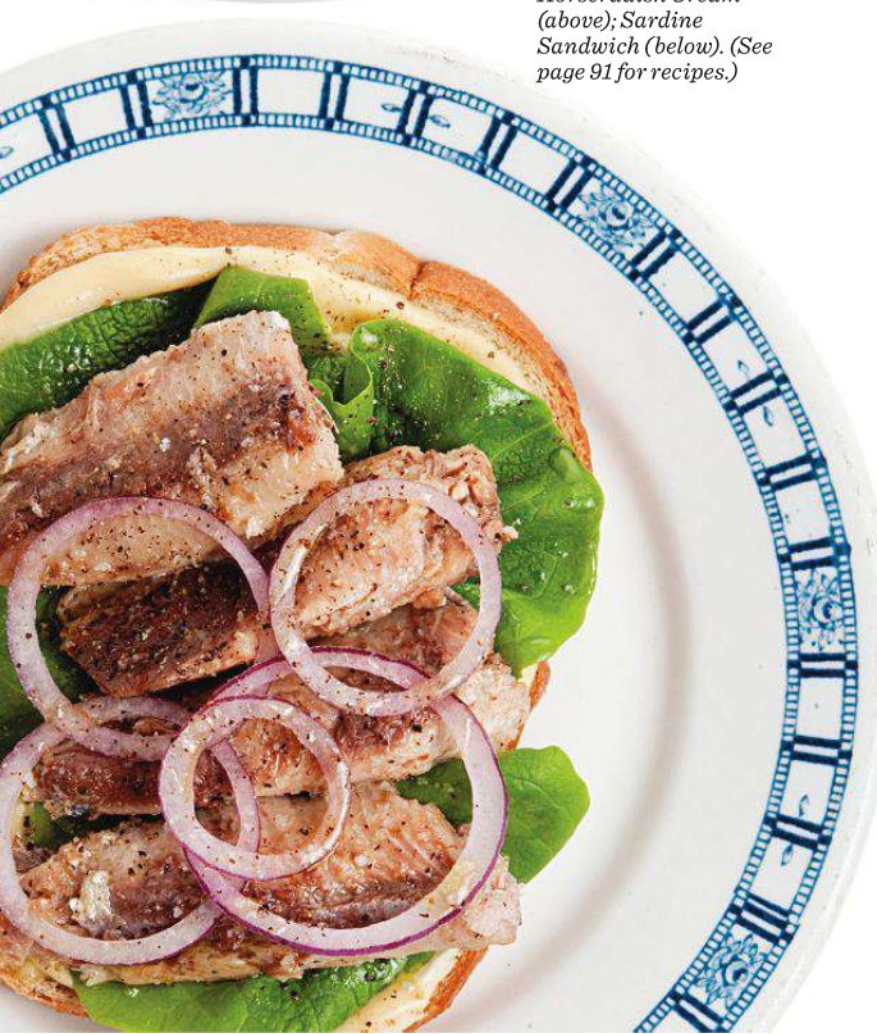
Ham and cheese between bread is a universal pairing. **1** Our favorite **Italian Panino** features focaccia, Taleggio, speck (smoked cured ham), arugula, and balsamic vinegar. **2** The **SPAM and Cheese Sandwich from Kogi**, in Los Angeles, is made with a slider bun, Monterey Jack and cheddar cheeses, SPAM, sweet chile sauce, and kimchi. **3** A **Cubano** is a griddled white roll with Swiss cheese, boiled ham, dill pickle slices, and roasted pork. (See page 87 for recipes.)







*Sardine Sandwich With Horseradish Cream (above); Sardine Sandwich (below). (See page 91 for recipes.)*



## Forgotten Fish

*A chef recalls his favorite childhood sandwich*

**I**FELL IN LOVE with sardine sandwiches when I was 13 years old, working my first restaurant gig, at Hymie's, a beloved delicatessen in suburban Philadelphia. My favorite job was helping the in-house caterer, Murray, my first culinary mentor. He was in his sixties, an Eastern European immigrant with a heavy accent and a great work ethic. When we were done for the day, he'd make sardine sandwiches that we'd eat together, just the two of us, in the back of the kitchen. It was a simple sandwich prepared exactly as it appeared on the menu, with a can of Portuguese sardines, some good deli mustard, sliced onions, and leaf lettuce, piled onto fresh rye bread.

A generation ago, sardine sandwiches were ever-present in American restaurants. Growing up, I recall their being listed on every deli, diner, sandwich shop, cafeteria, and Automat menu. Back then, the New York market consumed five million tins a year, and the sardine industry was the state of Maine's largest employer. I knew this because my father was in food sales, peddling the European gourmet specialties of that era, and we had cans of sardines around the house

all the time. For an impatient teenager, it was the perfect quick meal, and as a college student, one of my favorite bargain dinners was sardines in tomato sauce packed in Fraserburgh, Scotland, also courtesy of Dad. These were tiny fish, the brisling variety; we'd eat them piled on Triscuits and wash them down with Schmidt's beer.

When huge marketing campaigns from the international tuna conglomerates began, in the 1950s, it seemed that overnight, tuna salad was in and sardines were out. Tuna was cheaper, less "fishy" tasting, and, of course, it seemed less ethnic. This ushered in the era of factory tuna trawlers, depleted tuna stocks, massive bycatch loss, and mercury as a dietary supplement. By contrast, sardines remain abundant, bycatch is very low, and their meat is loaded with vitamins, minerals, and omega-3 oils, without the heavy metals and toxins often found in larger fish.

Fresh Mediterranean sardines can be found on upscale menus all over the country, but the canned variety gets little love nowadays. So next time you visit your grocer, grab a can of European or Moroccan sardines, and make yourself a sandwich. As Murray showed me nearly 40 years ago, it's food even a kid could love. —*Mike Colameco, host of Colameco's Food Show and author of Mike Colameco's Food Lover's Guide to NYC (Wiley, 2009)*

### SUPREME SARDINES

The tiniest and most delicate-tasting variety is brisling, fished in the North Sea waters of Scotland and the Norwegian fjords. Larger, meatier sardines come from the warmer waters of Portugal, Spain, Italy, and Morocco. For years the French have been cellaring tins of sardines—which become richer in flavor as they age—and selling five-to-ten-year-old "vintage" cans for a premium.





# A DAY IN THE LIFE AT BRASSERIE TEN TEN

✧ BOULDER, COLORADO ✧

*One of Boulder's favorite gathering places, delighting customers with our French inspired cuisine since July of 2003!*



## BRUNCH ✧ *Croque Madame*

"I love the croque madame because of the sum of all their parts are rich and delicious. Simple ingredients are combined to make a rich dish perfect for brunch. It's French cooking at it's finest. Simple, local ingredients combined with classical French technique creating something bigger and better than the humble ingredients on their own. At Ten Ten we layer artisan baked sourdough with Black Forest Ham and imported Gruyere, griddle it in butter, top it with velvety sauce mornay and a sunny side egg with fine herbs." —Chef de Cuisine Eliah Golden



## LUNCH ✧ *Ten Ten Hot Dog*

"While normally reserved for street carts and camp fires, the Ten Ten Hot Dog rises above its other counter parts. An all-beef dog on top of a house-made hoagie roll with rich mornay sauce, homemade whole grain mustard, spring mix, vine ripened tomatoes, house pickled Basque vegetables and 20-year aged balsamic vinegar, the plate is a thing of beauty." —Sous Chef Mike Trimmer



## HAPPY HOUR ✧ *Assortment of Artisan Cheese and Charcuterie*

"One of my favorite items is the assortment of artisan cheeses and charcuterie. Our broad selection of cheeses come with an apricot sage chutney and a freshly baked baguette from our in-house bakery. They range from a creamy Brie tour d'Marze to the sharp Pleasant Ridge and the stronger Fourme d'Ambert. Our charcuterie selections include a local Saucisson Sec and the Jambon Serrano accompanied by a house made mustard and pickled pippara peppers." —Sous Chef Corey Cunningham



## DINNER ✧ *Bouillabaisse*

"When I think of comfort, I think of the first time I tasted bouillabaisse. The simplicity, the aroma and especially all the seafood reminded me of home. With its saffron, fennel, tomato and orange zest broth and the carefully selected seafood, bouillabaisse is not trendy but a classic French comfort food. The rouille smeared on a crusty baguette is the icing on the cake. When I make it now, it brings me back to that first time." —Executive Chef Anthony Hessel

## DESSERT ✧ *Lemon Meringue Tart*

"A classic French dessert inspired by my time living and training in Europe. I created this recipe soon after starting my work at the Brasserie here in Boulder. I like the contrast between the sweet meringue and tart lemon curd along with the delicate crunch of the shortbread cookie." —Pastry Chef John Parkinson

Visit **SAVEUR.COM/BRASSERIETENTEN**  
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In the fall of 2002, during the height of the second Palestinian intifada, I began my journalism career with a few ill-planned months in Israel. I'd wanted to become a war correspondent, but I mostly ended up wandering the country with a high school friend named Cliff. Surrounded by beautiful Israeli women, we sought love from these desert flowers, but the near-weekly suicide bombings by Hamas terrorists had made the youth suspicious. They'd interrogate us: "Don't you know this country is a freaking *balagan*?" A *balagan*, we learned, is a hot mess, and the thought of us Canadian kids hanging out as militants blew up pizza parlors struck them as a big freaking *balagan*.

With few friends, and even fewer shekels, Cliff and I spent our nights pacing the streets, living on a diet of bottled water and schnitzel sandwiches. In a country known for Middle Eastern food, schnitzel remains one of the lone culinary holdovers of Zionism's Austro-Hungarian roots. It's been an Israeli staple since the early days of the country's existence, found everywhere from the frozen food aisles of supermarkets to kibbutz dining halls to take-out windows in bustling nightlife areas, where it comes in sandwich form. Turkey or chicken breasts (veal is too expensive to raise in the desert) are pounded; marinated in olive oil, garlic, and lemon juice; dipped in flour, then egg; dredged in bread crumbs—some-

times with sesame seeds or *za'atar* spice—and fried in oil. Fresh-from-the-fryer schnitzels are stuffed into baguettes or pitas and layered with toppings that bridge the gap between Ashkenazi and Mizrahi (Middle Eastern) tastes: mayonnaise and mustard, but also hummus, tahini, tomato and cucumber salad, and *harissa*. The sandwiches are so popular, you can find them outside the Holy Land wherever Israelis congregate. On a recent trip to Brooklyn's Coney Island Avenue, a thriving artery of Orthodox Jewish culture, I came upon two places, Schnitzel King and Schnitzel Bar, that vie for the appetites of students with flavors like "Spanish" (spicy breading with chile peppers) and "Yemenite" (falafel seasoning).

That fall, Cliff and I unwittingly tapped into a welcoming segment of Israeli society. Under the cold fluorescent lights of the schnitzel shacks, to the music of cutlets bubbling in oil, we came together with deliverymen, off-duty soldiers, and religious zealots, talking politics, pop culture, and the future of Zionism in a broken hodgepodge of languages. Our true link was a sandwich that embodied the country's conflicted identity: a mix of high European heritage and hard-won *terroir*, whipped together haphazardly, only to endure as a symbol of plucky nationalism. —David Sax, author of *Save the Deli* (Houghton Mifflin Harcourt, 2009)

# Taste of Home



## SPECIAL SAUCE

In Europe, schnitzel is eaten with a spritz of lemon or with lingonberry jam. When the cutlet evolved into an Israeli sandwich, tahini became the condiment of choice. Today, for Israelis serving schnitzel abroad, that topping is old-school. Yair Isner, an owner of Schnitzel Bar, in Brooklyn, New York, serves his sandwich (pictured above) with sauces including (from left) barbecue, honey-mustard, chimichurri, garlic mayo, pesto, sweet chile, and horseradish mayo.







## Nuts About It

*The enduring appeal of peanut butter sandwiches*

**I**T'S THE SUMMER after third grade, and my best friend, Becky Roth, is making me a peanut butter and jelly sandwich. I'm concerned about a couple of things. First, she's using Skippy, which doesn't taste at all right—which is to say, it doesn't taste like Jif, the kind we use at my house. At least our families agree on the matter of creamy (insipid) vs. crunchy (a mark of character). And I'm quite sure the toaster oven should have no part in this process—right up until Becky presents me with the sandwich itself. The molten peanut butter is like hot fudge; the blackberry jam's a thick syrup. They swirl together, salty and sweet, and splurge out the sides of the toasted bread. It's glorious.

Becky and I would go on to discover that the toaster oven approach works equally well with peanut butter and honey. Our experiments extended to peanut butter and banana, peanut butter and raisin, peanut butter and marshmallow fluff, and, after reading about it in the Mrs. Piggle-Wiggle books, peanut butter and dill pickle. After all, peanut butter sandwiches are the quintessential kid food, right?

It wasn't always that way. Peanuts have been ground into paste for hundreds of years, but it wasn't until the end of the 19th century that John Harvey Kellogg, the breakfast cereal entrepreneur, dubbed the product "peanut butter" and marketed it as a health food. In the years leading up to the First World War, a peanut butter sandwich was a chic and

thoroughly modern thing to eat.

Beginning in the 1920s, the peanut butter business consolidated into a few megabrands, and peanut butter became an inexpensive food marketed to the masses. The introduction of presliced sandwich bread, in 1928, meant that parents could assemble a lunch in seconds—or allow children to do it themselves—and, thanks to peanut butter's health food status, they could feel virtuous about it. After World War II, when the U.S. sent aid to Europe in the form of peanut butter, the ingredient came to be seen as a symbol of America itself.

By the 1960s, eating "natural" peanut butter—free of the hydrogenated oil that kept the industrial kind from separating—was a sign of counterculture sympathies. Now, with the incidence of nut

**During World War II, peanut butter came to be recognized as an edible symbol of America itself**

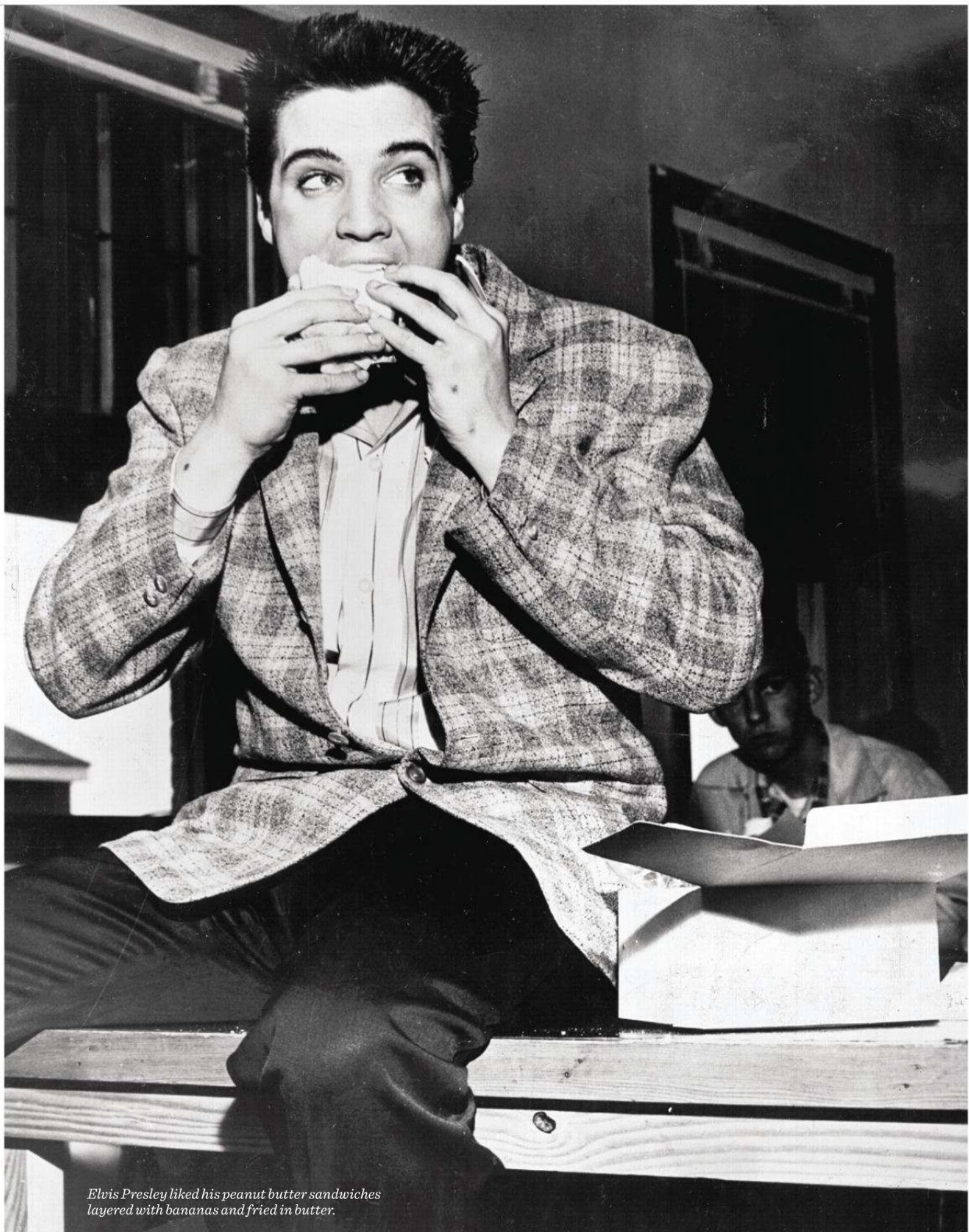
allergies at an all-time high, in many schools, a child who packs a peanut butter sandwich must eat it at a specially designated table—perhaps all alone, like Charlie Brown, who once mused, "Some psychiatrists say that people who eat peanut butter sandwiches are lonely. I guess they're right."

I think I always knew that a peanut butter sandwich is never just a peanut butter sandwich. Even today, when I come across something like peanut butter and mayonnaise, a classic sandwich dating back at least to the 1890s, it triggers a reaction close to fight-or-flight. These proclivities are primal. Show me your peanut butter sandwich, and I'll tell you who you are.

—Beth Kracklauer







*Elvis Presley liked his peanut butter sandwiches layered with bananas and fried in butter.*

FROM LEFT: MICHAEL KRAUS (7); MICHAEL OCHS ARCHIVES/GETTY IMAGES





## MAXIMUM DELI

At Harold's New York Deli Restaurant in Edison, New Jersey, everything is big: The place is big (300 seats), the crowd is big (14,000 people weekly), and the pickle bar is touted as the world's largest. Not only that, the restaurant cures four tons of corned beef and smokes four tons of pastrami a week, all in the service of Harold's biggest jaw-dropper: the triple-decker sandwich. Offered in more than a dozen variations—turkey, corned beef, and tongue on rye; pastrami, Swiss cheese, and salami on rye—it costs \$50 and feeds half a dozen people. Roughly five pounds of meat goes on one of these skyscrapers, which are so towering that they have to be held together with ten-inch skewers. Waitresses like Miriam Peralta (pictured at right), who has worked at Harold's since it opened, in 1998, are pros at rushing them intact to the tables, where diners sit agog. "That's the method to my madness," says owner Harold Jaffe, a 40-year veteran of the restaurant business who earned his Jewish sandwich chops as general manager at New York City's Carnegie Deli. "After you've been here, when you think of a sandwich, you're gonna think of this sandwich first." —*Betsy Andrews*







# Say My Name

*One man's quest for sandwich immortality*

**N**O FINER TRIBUTE exists than to have one's name associated with a sandwich. The term *sandwich* itself is a tribute (to the late earl; see below), and the name is now known in nearly every language. Sandwiches are more than merely food—they are our friends. They go where we go, in paper sacks, lunch boxes, briefcases, backpacks. They identify who we are. In first grade, at the Louis B. Nettelhorst School, in Chicago, I learned that kids of Italian heritage held a substantial sandwich advantage over kids from a peanut butter and jelly background. Sandwich swapping is how we first experience other people's cultures and family traditions. Our sandwiches are us.

As they are our friends, we give them names: hero, hoagie, club, French dip. But great and iconic sandwiches take the names of great and iconic people. There's the Dagwood. The behemoth from South Africa is called the Gatsby. I have yet to try an Elvis—peanut butter, banana, and sometimes bacon, fried in butter. Knowing how The King wound up, and having certain tendencies myself, I want to put it off as long as possible. And who was Reuben, whose namesake is a griddled heap of pastrami or

corned beef and sauerkraut on rye? Was it Reuben Kulakofsky, a grocer from Omaha, or Arnold Reuben, who owned a famous restaurant called Reuben's in New York during the 1900s? Scholars are still fighting this out.

This same Arnold Reuben was an early practitioner of creating honorific sandwiches based on the tastes of celebrity patrons, including Al Jolson (raw meat, raw egg, chopped onion), Frank Sinatra (cream cheese, *bar-le-duc* currant jelly, tongue, sweet pickle), and Milton Berle (cream cheese, turkey, *bar-le-duc*—the \$14-an-ounce *bar-le-duc* having had a bit of a vogue back in the day). Some eponymous sandwiches are merely promotions by restaurateurs—they create a dish and assign it a famous name. I, for one, think it highly unlikely that Dolly Parton habitually ordered twin rolls

**Great and iconic sandwiches like the Reuben and the Elvis take the names of great and iconic people**

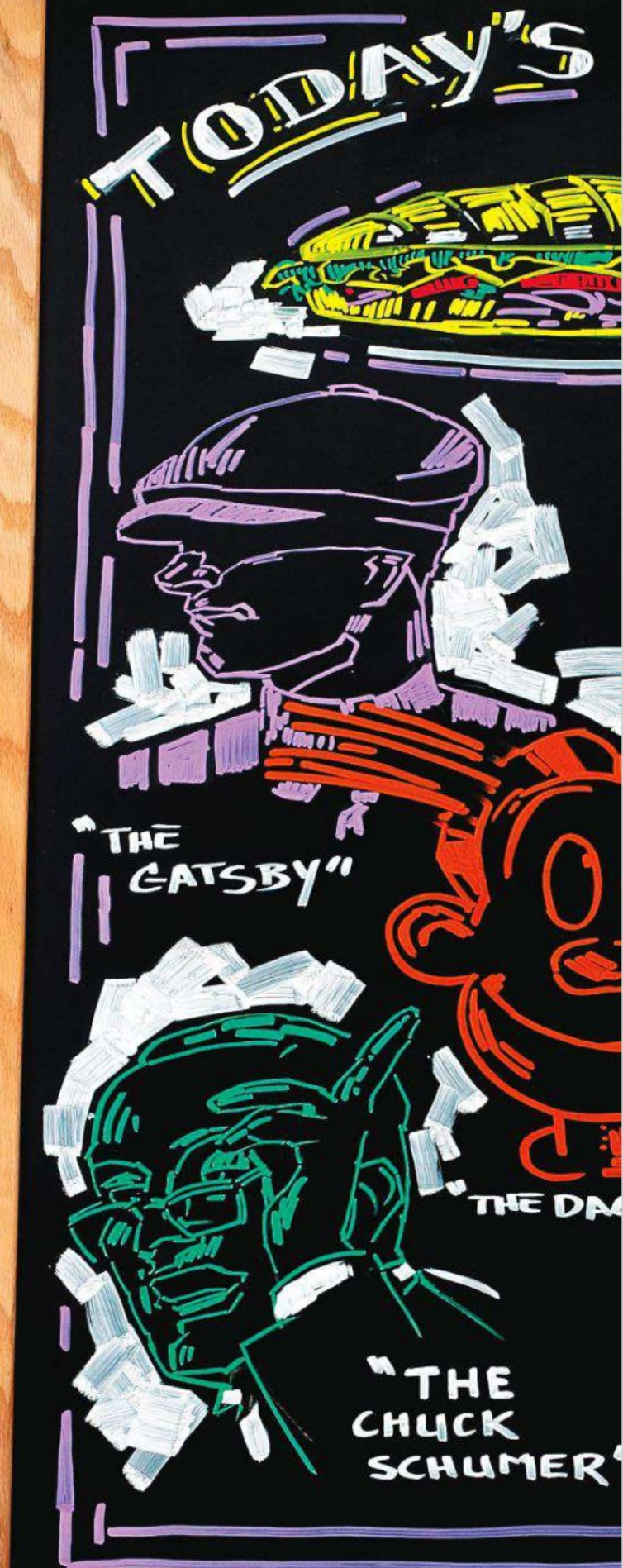
piled high with pastrami and corned beef at the Stage Deli in New York City.

I once attempted sandwich immortality, shortly after I left my hometown of Chicago, where I cannot remember eating anything good that wasn't a sandwich. I found myself in a high-tone Eastern college, where there were different folkways and customs. The kids wore loafers and sport jackets and did not

## SANDWICH time line

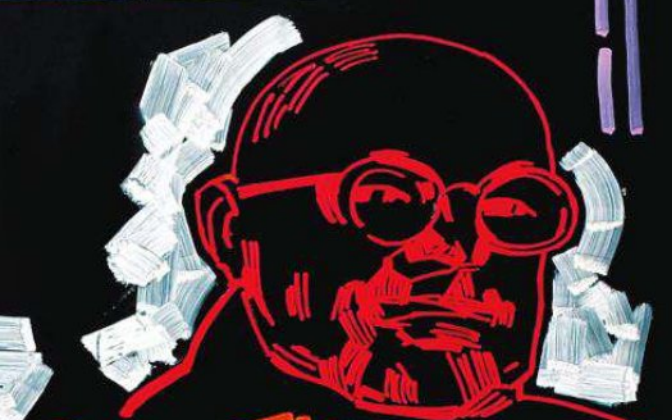
1762

Too busy for a proper meal, John Montagu, the fourth **Earl of Sandwich**, requests salt beef on toast, thus launching a trend and lending his name to a style of food he picked up while traveling in Turkey and Greece, where filled pitas and mezes on bread are common.





# SPECIALS



"THE DANIEL"



"THE REUBEN"



## EPONYMOUS SANDWICHES

**1** The **Chuck Schumer** is a custom-made Subway roast beef with extra tomatoes, onions, and pickles named for New York's senior senator. **2** Though it takes a man's name, the **Strammer Max**, butter-fried bread topped with ham and an egg, is actually German slang for male virility. **3** In South Africa, french fries, bologna, and achar was dubbed **the Gatsby** after the 1974 film *The Great Gatsby*, which played there at the time of the sandwich's invention. **4** **Sloppy Joe** was named for a café cook in Sioux City, Iowa. **5** **The Dagwood** is a multilayer sandwich from the comic strip "Blondie." **6** Several people named **Reuben** have been credited with inventing grilled corned beef, sauerkraut, Swiss cheese, and creamy dressing on rye. (See page 86 for recipes.)



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put grease in their hair. A milkshake was called a frappé. They drank birch beer. It was a different world.

There was a popular sandwich served at the college snack shop called the Hergesheimer. It was a cheeseburger with grilled onions, bacon, and ketchup on toasted rye. An outstanding sandwich; I could eat one right now. Hergesheimer was a former student, and this was his order of choice. Nobody remembered him personally, but he's considered to have been a great man. I wanted to be a great man too. I wanted a reputation and, if possible, enduring fame. It was clear what I had to do: I had to get a sandwich named after me.

So night after night, I would enter the college coffee shop when it was crowded and request some unusual but delicious sand-

wich, such as grilled bologna on a toasted bagel with cream cheese, raw onion, and grape jelly (*bar-le-duc* not being available). The idea was that people would become curious and ultimately order the same thing: "Give me one like Daniel is always ordering," which is a short step to christening the Daniel.

It never happened. I left the place as I had come—an anonymous schnook. In later years, I did finally receive the honor when my friend Steve Kilnisan, the proprietor of the Magic Fountain cafe, in Hoboken, New Jersey, named a sandwich after me: the Daniel, a pita with too much chili in it. As far as I know, nobody, including me, has ever ordered one. —*Daniel Pinkwater, author of Lizard Music (New York Review of Books Collection, 2011)*

1871

Inventor Margaret Knight designs a machine that makes flat-bottomed bags out of brown paper, a form that, by the 1960s, shrinks to sandwich size for **brown-bagging** lunch.



1891

The **White House Cookbook** prints early sandwich recipes, including one for a ham salad sandwich and one for a shredded cheese salad between biscuits or oatcakes.





## A Taste of Place

My favorite food is Indian food—I've long been awed by its complexity and vibrancy. Yet I was about to turn 30, and I had never been to India. So I decided to give myself a gift: I would fly to Mumbai to eat. I landed at Chhatrapati Shivaji International Airport at three o'clock in the morning and took a taxi downtown, anticipating the intense throngs that

I'd seen in films, photos, and the news. But the famously busy metropolis was dead, so I went to sleep too. Eight hours later, I awoke to shouting, talking, and smells—thick, profound smells like those of a city on fire, exhaust fumes mingled with the smoke and spice that I knew must be wafting from Mumbai's legendary street food. I quickly dressed and

stepped outside into the welter of activity. The first thing I saw was a hawker making sandwiches.

Though I considered myself an Indian-food enthusiast, I had never heard of Indian sandwiches, yet in Mumbai they were everywhere. I sampled the frankie, a flatbread roll coated with fried egg and mounded with chicken curry so saucy, it's served with a





*A hawker prepares vada pav, a spicy potato beignet and chutney sandwich, in a stall in Mumbai, India.*

sleeve to catch the gravy. Then there was a creation I liken to a vegetarian club: white bread smeared with garlic and cilantro chutneys, sandwiching sliced tomatoes, beets, white onion, and a slice of boiled potato, cinched and crisped in a cast-iron press over an open flame. Yet the sandwich that truly won me over was the *vada pav* (VA-da POW), which

is the Mumbaikars' answer to the burger. I joined dozens of men, dressed in loose slacks, sandals, and untucked button-down shirts, lined up at a small table that was nearly obscured by the aluminum platters of golden fritters, vibrantly hued sauces in metal pails, and clusters of Parker House-style rolls (*pav*, from the Portuguese word for bread, is a

holdover from that country's 500-year presence in parts of India). The vendor reached for a soft bun and moistened it with splashes of tart tamarind and fragrant coriander chutneys, then snatched up a *vada*—a mashed-potato beignet flavored with cumin, fennel, coriander, turmeric, chile, garlic, and onions—and stuffed it into a roll; it was like cramming a ten-

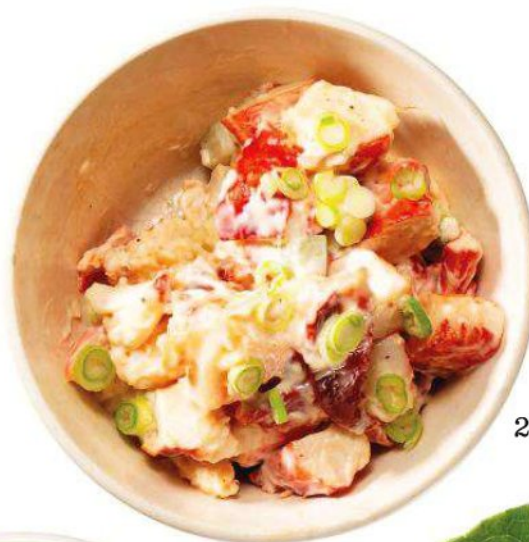
nis ball into an oyster shell. He handed me the finished sandwich. The fritter, so swollen that I had to smash it so I could fit it in my mouth, was intensely spiced, a starch-on-starch flavor bomb with a pastrylike softness. Like all other Indian food, I learned at that moment, the subcontinent's sandwiches are mind-boggling, bold, and beautiful. —Todd Coleman

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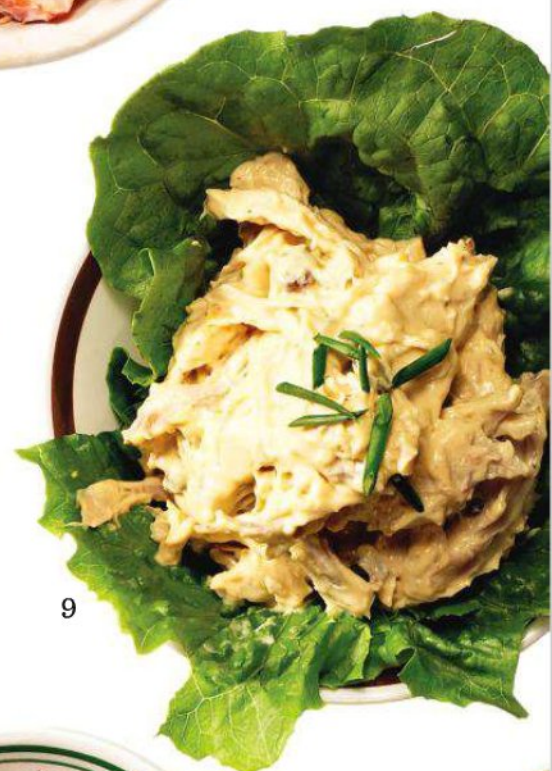
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# Salad Days

Sandwiches and salads, both seen as fancy foods, became so closely associated with each other in the Victorian period that it was inevitable that they would end up together. By the 1870s, in Manhattan, chicken, egg, and other salad sandwiches were appearing on hotel menus and, later, on the bills of fare at pubs and cafés. Today, the combination of creamy, savory filling and soft bread spans classes and cuisines—from the chicken salad sandwiches of New York's ladies who lunch to the egg and mushroom salad eaten in Russia on thick-sliced rustic bread. —*Ben Mims*

**1** Danish smoked herring, beet, and potato salad is terrific on whole wheat. **2** Chef Jasper White's lobster salad, a version of New England's lobster roll filling, gets crunch from scallions and cucumber. **3** At Eisenberg's Sandwich Shop in New York City, egg salad takes its purest form: simply eggs and mayonnaise. **4** Dill and Dijon mustard add tang to Russian egg and mushroom salad, which is delicious on sourdough rye. **5** Neiman Marcus chicken salad, a classic department-store lunch item, gains richness from grapes, almonds, and a whipped cream dressing. **6** Capers and red onion lend piquancy to the tuna salad at Manhattan's Blue Ribbon Bakery. **7** Grilled and smoked shrimp are bound by a spicy cream cheese dressing in the Cajun shrimp salad at Hoover's Cooking in Austin. **8** New York City's Katz's chopped liver, made with both chicken and beef livers, gains its silky texture from the addition of schmaltz. **9** Curried coronation chicken was created for Elizabeth II's 1953 coronation luncheon. **10** Southern ham salad is spiked with pickles and celery. (See recipes, starting on page 93.)





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## Soul Food

"I'll order the bagels and lox," I overheard my father say with gravitas in his voice, as he and my mother planned my grandfather's funeral. I was five years old, and it was the first time I made the connection between life, death, and cold-cured fish sandwiches.

Wherever we went, there they were on someone's dining room table—during wedding brunches, brises, baby namings, shivahs, my cousin Marcus's bar mitzvah, and every other momentous life occasion, both joyous and sad. The ubiquitous tray of bagel and lox sandwiches, garnished with slivers of red onion and tomato, always beckoned. A child of New York Jews growing up in Queens in the 1960s, I yearned for the food that, as my grandfather had explained it, symbolized the sweet circle of life (bagels) and the saltiness of tears (lox).

A few years later, bagel shops had sprung up all over our neighborhood. My father took their appearance as an opportunity to bring bagels and lox home most Sunday mornings, not just on special days. This both desanctified the sandwich and meant leftovers for Monday's school lunch—assembled by my mother, wrapped in plastic, and deposited in a paper bag. While the other kids ate their bologna or peanut butter, I felt privileged to savor each bite of silky fish, rich cream cheese, and chewy bagel. —*Elissa Altman, founder of Poormansfeast.com*

TODD COLEMAN (S); ILLUSTRATION: TINA ZELLNER/ANNA GOODSON





# Southern Charmer

*Pimento cheese makes a sandwich for all ages*

**T**HE FIRST THING I made in my first real kitchen—in an apartment in Raleigh, North Carolina—was a pimento cheese sandwich. It was a natural choice for a college sophomore: I loved the stuff, and it was easy to make. True, many Southerners buy their P.C., as it is often called, at the market, but I learned to make it from my mother, who whipped up the orange spread in her food processor, blending extra-sharp

cheddar, Winn-Dixie-brand mayo, pimientos, Tabasco, and onion. I'd eat it every day on a sandwich. It's a food Southerners always have on hand, as suited to lunch boxes as it is to dinner parties. I have memories of swank soirees where there were towers of pimento cheese on triangles of crustless white bread.

Since 1909, when pimento cheese sandwiches appeared in *The Up-to-Date Sandwich Book*, countless variations have been cataloged. Most start with block cheese (white or orange, the sharper the better), mayonnaise (purists insist on Duke's brand or homemade), and pimientos. A look through any Junior League cookbook will turn up extras like cream cheese, chopped eggs, olives, Worces-

tershire, lemon juice, garlic, and sugar. My grandmother in Lafayette, Louisiana, adds jalapeños, and I've used roasted and pickled red peppers. The texture also varies: You can grate the cheese, use a food processor, or go with a meat grinder, which produces a soft, fluffy spread.

All of them taste good to me. When I moved to Brooklyn, New York, years ago, P.C. was virtually unknown, but now the spread is in vogue. I've seen pimento cheese in restaurants—puréed, deconstructed, and deep-fried into fritters. But I maintain that the best way to eat it is on a sandwich. (See recipe on page 90.)

—Rachel Wharton, deputy editor of *Edible Brooklyn* and *Edible Manhattan*

## NICE SPREADS

Store-bought or mail-ordered pimento cheese can be creamy or chunky, sweet or spicy. Some favorites: **1** *Carrie's*, from Charleston, South Carolina, is snappy with Worcestershire, Tabasco, and cayenne. **2** Mild and smooth *Palmetto Cheese*, from Pawleys Island, South Carolina, is enriched with cream cheese. **3** The chunky version from *Blackberry Farm*, in Walland, Tennessee, has a bright pepper flavor sharpened with aged cheddar.



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## SANDWICH timeline

1909

General Electric engineer Frank Shailor patents the D-12, the first commercially successful **electric toaster**. Though British firm Crompton & Company had introduced an iron-wire toaster in 1893, it was GE's use of a nickel-chromium alloy that rendered toasters reliable and nonflammable. The Toastmaster 1-A-1, the first pop-up model for home use, follows, in 1926.



1929

The **po' boy** is born when a New Orleans shop feeds the sandwiches to striking streetcar workers, who are met in the kitchen with the cry, "Here comes another poor boy!"





## STREET HERO

When I'm exploring Vietnam, a thousand street snacks beckon, but I inevitably seek out *banh mi*, the ubiquitous Franco-Viet sandwich. I order the *dac biet*, "the special." The vendor slashes open a crisp baguette, moistens it with mayonnaise and soy sauce, adds garlicky pork liver pâté and Vietnamese cold cuts—silky *giò lụa* sausage, marbled head-cheese, rich pork shank—and finishes it with daikon and carrot pickles, chile slices, cucumber, and cilantro. My expectations are met at first bite: crisp, earthy, bright. The bread, condiments, and meats are the legacy of French and Chinese colonialism, but *banh mi dac biet* is 100 percent Viet. (See recipe on page 86.) —Andrea Nguyen, author of *Asian Dumplings* (Ten Speed Press, 2009)





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## The Ritual of Italian Beef

Thinly sliced, sopped with garlicky gravy, and heaped into a length of brawny bread, Chicago's Italian beef is the sort of sandwich that politicians eat to prove they're in touch with the people. Even if you're not running for office, it behooves you to know how to order and eat one, lest you risk being branded a street-food wuss, or even worse (for politicians, anyway), a pinkie-in-the-air *bec fin*.

First, understand that an Italian beef shop, of which Chicago has scores, is not the sort of place where waiters patiently explain the menu—most don't have one—and order takers do not mollycoddle confused customers. Thus, it is crucial to know the lingo. Order “a beef,” not “a beef sandwich.” The latter is redundant, because all Italian beef is served in a sandwich.

“Double-dipped” says you want the whole sandwich submerged in gravy after it's been assembled. “Dry” is the opposite: a request for the server to pluck a heap of sliced, oven-roasted meat from the pan with tongs and shake off the excess juice before packing it into the bread. Say “hot,” and your beef will be topped with the spicy pickled-vegetable relish called *giardiniera*; “sweet” refers





to a garnish of roasted peppers. “Combo” means the sandwich gets freighted with a length of charcoal-cooked Italian sausage. Cheese and any other condiments are anathema.

Even ordered dry, an Italian beef is tremendously messy, often presented wrapped in waxed paper, which instantly gets blotched with juices. Some of the best purveyors forgo table

seating altogether and provide customers with a chest-high counter where they can stand, unwrap the serving shroud, and scarf down the sandwich. Proper form demands that you do as Chris Pacelli, of Al’s #1 Italian Beef, clued us in to do the last time we visited his family’s 73-year-old institution, on Taylor Street: “Assume the Italian stance!” This means lean your

elbows on the counter, spread your legs, and put your feet back as if you’re about to be frisked. Using the thumbs-together grip you’d use if you were a strangler, grab the sandwich and hoist it to your face, never letting your elbows leave the counter. This allows you to tear off big bites of bread and beef and for debris to fall onto the wrapper, which makes a handy drop cloth. When

finished, gather up the paper and toss it in the trash can, leaving the counter clean and ready for the next Italian beef eater. —*Jane and Michael Stern, authors of Roadfood Sandwiches (Houghton Mifflin Company, 2007)*

*Above left, a diner bellies up to the counter at Al’s #1 Italian Beef, in Chicago. Above, a “hot dry beef.”*

FROM LEFT: BETH ROONEY; TODD COLEMAN



**1 St. Hubert Sauce**, a rich gravy, is a key ingredient in the hot chicken sandwich, a jus-drenched specialty of the Quebecois chicken chain St. Hubert.

**2** The North African sweet-tangy salad of roasted pepper and tomato called **mechwiya** is delicious spread on flatbread sandwiches.

**3** Popular in Australia and New Zealand, **Vegemite**, a rich paste made from yeast extract, adds a distinct vegetal flavor to toast and butter or an avocado sandwich.

**4** Red pepper, eggplant, chiles, and garlic comprise **ajvar**, the Balkan sauce (also eaten as a side dish) that's a potent addition to a cevapi (skinless sausage) sandwich.

**5** A Polish blend of horseradish and sour cream, called **sos chrzanowy**, adds richness and heat to sandwiches with meat, fish, or eggs.

**6** **Turmeric pickle**, made with turmeric rhizomes, chiles, ginger, and lime juice, can lend texture and zing to Indian wraps, both vegetarian and meat-filled.



# Finishing Tou

**13** The British vegetable relish **Branston pickle** completes a Ploughman's sandwich, along with cheese, butter, and crusty bread.

**14** Tyler Kord, the chef at No. 7 Sub Shop in New York City, adds bursts of ripeness and acidity to his brie sandwich with **pickled blueberries**.

**15** Punctuated with green chiles, cumin, and cilantro, **schug** is a fragrant Yemenite hot sauce that's added to shawarma, falafel, and hummus pitas.

**16** The pickled mango condiment **ambra** is part of Israel's melting-pot cuisine, introduced by Iraqi Jews. It's ladled on sabich, a pita stuffed with eggplant and hard-boiled eggs.

**17** Japan's squeeze-bottle **Kewpie mayonnaise** has a unique richness and rice-vinegar tang that's ideal on vegetable sandwiches.

**18** The British anchovy paste known as **gentleman's relish** delivers potent depth to everything from roast beef sandwiches to buttered toast.



**7** Sir Kensington's Gourmet Scooping Ketchup is hot-sweet, thanks to the addition of jalapeños and honey. Akin to cocktail sauce, it pairs well with a crab cake sandwich.

**8** An American cousin to British piccalilli, chow-chow is a green-tomato and mustard relish that's a zesty counterpoint to burgers, hot dogs, and other savory meats.

**9** England's sweet and smoky HP Sauce is an ideal match for a steak sandwich. Its vinegar-chile notes and hint of dried fruit also make it perfect for roast pork.

**10** Chicago's Italian beef would be incomplete without giardiniera, a mix of pickled vegetables that includes cauliflower and olives.

**11** Favored by the French for its crunch and pungent bite, whole-grain Dijon mustard delivers texture and spice to a sandwich.

**12** The most famous canvas for Cheez Whiz—spreadable cheese that becomes a sauce when warmed—is the Philly cheesesteak.



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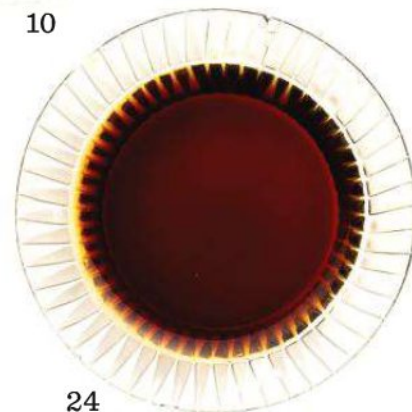
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# ches

**19** The syrupy, ketchup-based tonkatsu sauce, with hints of garlic and ginger, adds umami flavor to Japan's panko-breaded pork cutlet sandwich.

**20** The yellow hue of the British relish piccalilli hints at the high mustard content, which makes it a sharp partner for mild deli meats such as boiled ham.

**21** Smooth and nutty, the Middle Eastern tahini-based sauce tarator adds an elegant richness to Lebanese man'ousheh, kofta pitas, and countless other wraps.

**22** The North African hot sauce harissa, made with chiles and oil, is a beloved condiment in Morocco and Tunisia. Try it on a merguez sausage sandwich.

**23** The ultrafiery Barbados Hot Yellow Pepper Sauce, made with mustard and Scotch bonnet chile, adds a capsaicin bite to the cutter, a Bajan fish sandwich.

**24** A drizzle of the MSG-rich Maggi Seasoning—a classic ingredient in the Vietnamese banh mi sandwich—imparts intense, meaty flavor.



A close-up photograph of a young woman with reddish-brown hair tied back, smiling and looking down at a large, partially eaten sandwich she is holding with both hands. The sandwich is made with a thick, crusty roll and filled with slices of smoked back bacon and tomato. In the background, a man in a tan shirt and cap is visible, working behind a counter. Shelves with various breads are also visible in the background.

## BRITAIN'S PRIDE

The bacon sandwich is essentially nothing but pork, bread, and salt, the same way that "God Save the Queen" is just words and a tune. Though we Brits claim roast beef and Yorkshire pudding or fish and chips as our national dish, neither has an ancient provenance. The family pig, on the other hand, preserved in the salt that surrounds our island, slapped between two slices of bread, and dubbed a *butty*, a *piece*, a *wedge*, a *doorstep*, a *sanger*, or a *sarnie*, depending on your region of origin, is older than our monarchy, and probably more important to us.

The bacon sandwich is one of the few truly egalitarian foods, served in the most unhygienic of greasy spoon cafés and greedily unwrapped from fine linen on freezing grouse moors, from the northernmost reaches of Scotland to England's Cornish peninsula. It is the corrupting nemesis of vegetarians and a sovereign hang-over cure. There are opinions aplenty on the type of bread to be used, ketchup or brown sauce, smoked or unsmoked bacon, the possible addition of an egg, and a million other variations. To have a favorite version is one of the Englishman's most dearly held liberties, yet the bacon sandwich in any form unifies the nation.

Chef Fergus Henderson has long championed such simple British food. At St. John Bar and Restaurant in London, he serves what I regard as the ur-bacon sandwich: smoked back bacon from Gloucestershire Old Spots pigs on thick slices of grilled white bread. Of course, Henderson has a theory about its appeal: "We all react the same way to the smell of frying bacon. Rather like chocolate produces the same endorphins as falling in love does, bacon speaks to us all. Once slipped between white, crusty bread and smeared with brown sauce... now we're talking!" —Tim Hayward, editor of *Fire & Knives* ([fireandknives.com](http://fireandknives.com))

*Valvona & Crolla, a beloved Italian deli in Edinburgh, Scotland, makes its bacon butty with tomatoes on a roll.*



# Big, Easy

New Orleans' belly filler  
has Sicilian roots

**B**Y NOONTIME, the line of people at Central Grocery stretches down Decatur Street. They're waiting for the muffuletta, a New Orleans sandwich of gargantuan flavor and proportions that was born at the store. Salvatore Lupo, who opened Central Grocery in 1906, created the muffuletta for the Sicilian farmers selling their goods at the French Quarter market. (The name derives from *muffuliette*, a Sicilian colloquialism for soft rolls.) In her cookbook, *Marie's Melting Pot* (T&M Publications, 1980), Marie Lupo Tusa, Lupo's daughter, describes how the farmers would "order some salami, some ham, a piece of cheese, a little olive salad," and bread. To make it all easier to eat, Lupo would "cut the bread and put everything on it like a sandwich."

The muffuletta's ham, Genoa salami, provolone, and mortadella aren't unusual, but the nine-inch-wide, sesame-seeded round loaf and the salad of pickled carrots, celery, peppers, cauliflower, and olives make the sandwich legendary. Unlike the counter help in the Quarter, when I concoct a muffuletta at home, I have time to let it marinate overnight, so that the flavors meld, for a lunch so pungent and evocative that I am transported back to New Orleans. —*John Mariani, author of How Italian Food Conquered the World (Palgrave Macmillan, 2011)*



## SANDWICH time line

1930

The **club sandwich** enters the congressional record when an appropriations bill sets off a debate in the House of Representatives over the chicken club served in the members dining room. "Look at the size of this piece of chicken," shouts Massachusetts' Charles L. Underhill, measuring the club against a bigger one from a nearby restaurant, "and compare it with this piece of chicken!"



1954

Alladin Industries releases a **lunch box** decorated with television cowboy Hopalong Cassidy, thus commercializing the century-old practice of totting sandwiches in metal tins.



When I was growing up in Mexico City, Sundays were devoted to two things: food and *fútbol*. Some Sundays, my parents' appetite would lead us as far away as Puebla, 80 miles to the east. Puebla is the country's fourth-largest city and the source of some of its most famous dishes, and the Velázquez de León troupe was happy to try everything. Or, I should say, almost everything. One local specialty my family always passed on was the *cemita poblana*, the queen of *tortas* (sandwiches). I suppose we were acting out a provincial feud. As *Chilangos* (people from Mexico City), we were happy to accept that Puebla has superb food, but *tortas* are a Mexico City thing. Would a New Yorker drive to Boston for a bagel?

Years later, my work often took me to Puebla, and the Mercado del Carmen became a favorite stop. Locals will tell you that the Mercado, one of the city's traditional markets, is the place for *cemitas*; if I was going to cheat on the *tortas* of my youth, I was determined to do it with the best. The distinguishing characteristic of the *cemita* is the bread it's served on: a fluffy egg roll topped with sesame seeds. The sandwich is filled with sliced avocado, *queso blanco* (soft white cheese), raw onions, chipotle chiles, and some kind of meat—typically ham, chicken, *pierna en adobo* (roast pork leg marinated in red chile sauce), head-

cheese, or *milanesa* (thin, breaded veal cutlets). Another key element that sets the *cemita* apart from other *tortas* is a handful of fresh *pápalo*, a pungent herb that adds a peppery bite.

I still remember my first *cemita* with *milanesa* at a food stall in the Mercado del Carmen. The lukewarm meat and crunchy breading worked beautifully against the fluffy roll and buttery avocado. Salty *queso blanco* and smoky chipotle added intensity, and the *pápalo* rounded everything out with its cilantro-like zing. From that moment forward, my allegiance would forever be divided when it came to sandwiches. —Mauricio Velázquez de León, author of *My Foodie ABC: A Little Gourmet's Guide* (duopress, 2010)







1



2



3



4



5



6

## LATIN AMERICAN SANDWICHES

South and Central America boast some of the world's most bountiful sandwiches. **1** Venezuela's **patacón maracучо**, shown here filled with shredded chicken, forgoes bread in favor of fried plantains. **2** Poultry also features in the **panes con pavo**, from El Salvador, with its beer-braised turkey filling. **3** Vegetables nearly upstage the meat in the Bolivian **sandwich de chola**, in which roast pork is seasoned with yellow salsa and vegetables en escabeche. **4** Condiments also star in the **torta ahogada**, from the Mexican state of Jalisco, a unique "drowned" sandwich of pork swimming in chile sauce. **5** Brazil's **bauru** smothers roast beef with melted mozzarella and tomato. **6** The **lomito completo**, popular in Uruguay and Argentina, lavishes sirloin steak in sauerkraut, mayonnaise, ketchup, mustard, and a runny fried egg. **7** Mexico's overstuffed **cemita poblana** brims with queso blanco, chipotle pepper, avocado, pápalo, and crisp milanesa (a fried cutlet). (See page 86 for recipes.)

7

# order



# Vienna Interlude

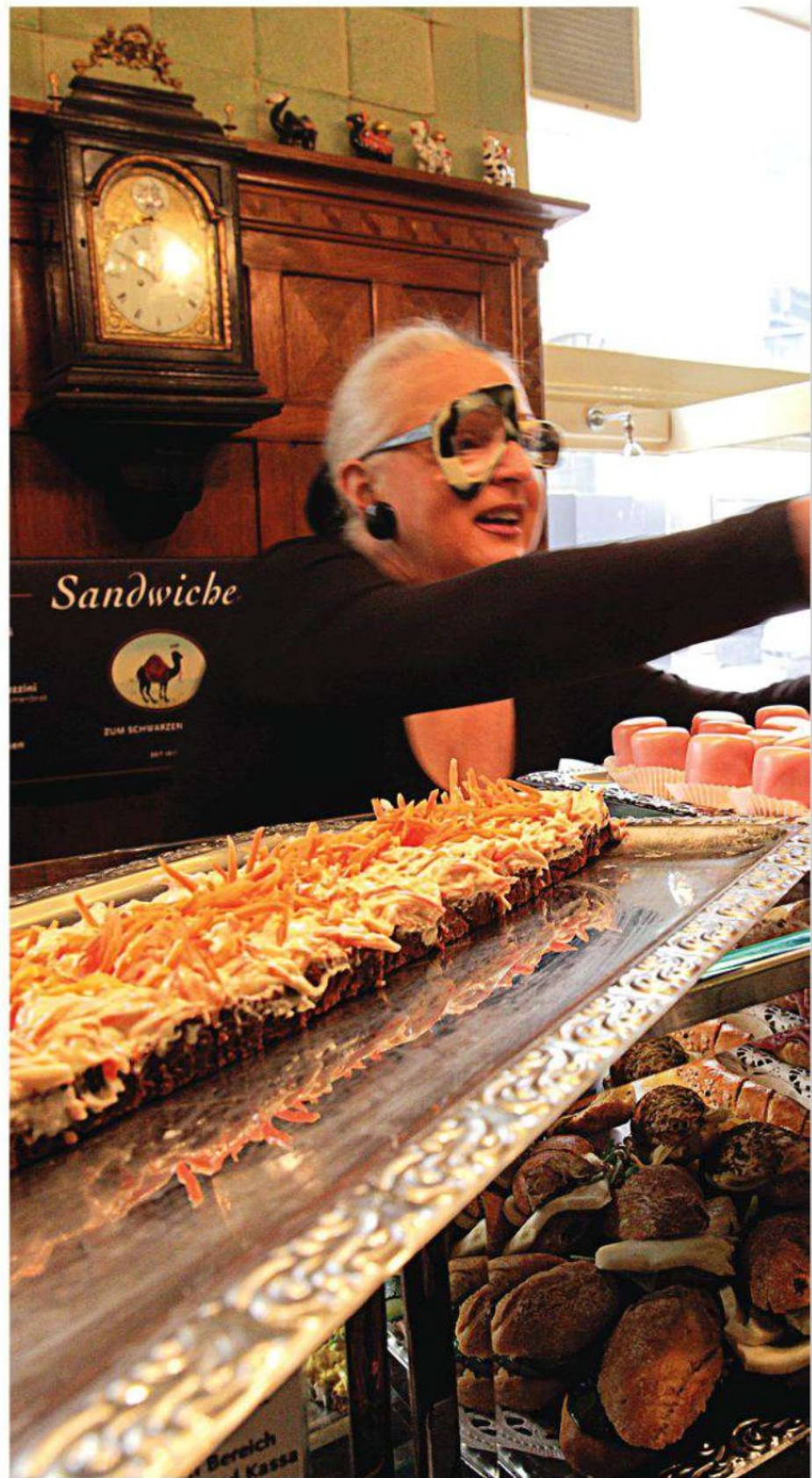
*The glories of an empire, served up as a canapé*

**O**N A SUNNY Saturday morning, the colorful trays of open-face sandwiches on display at Vienna's Zum Schwarzen Kameel read like a map of the Austro-Hungarian Empire. Lined up alongside Austrian *Beinschinken* (boiled ham with freshly grated horseradish) on black bread are canapés topped with Hungarian salami, and cream cheese tinted orange by paprika. Here too are Croatian anchovies, tiny Adriatic shrimp, and roast beef with artichokes. The Hapsburg crown once reigned over some 20 European countries, nearly all of them represented here in edible form; in Austria, as in much of the rest of Central Europe, the Baltics, and Scandinavia, the two-slice Anglo-Saxon sandwich has never displaced the elegant open-face style.

Loden-clad men and ladies in minks gather in the bar-deli—an exhibit of Jugendstil mahogany paneling and glazed terra-cotta tile—and scrutinize the daily spread before placing their order. “Grüß Gott [Greetings]!” says a man in a suit to almost every arriving customer, which he then follows with a bit of chat. He seems to know them all. In fact, I’d wager that few people in Vienna have a more encyclopedic social knowledge of the city than owner-manager Peter Friese, whose family has been

running this institution for more than two centuries. Opened by Johan Baptist Cameel, in 1618, as a shop selling exotic foods and spices, it was acquired two centuries later by Friese’s ancestor Joseph Stiebitz, who added a wine tavern. The shop instantly became one of the most popular in Vienna, attracting aristocrats seeking relief from stiff Hapsburg protocol, as well as artists and musicians, including Ludwig van Beethoven.

Just beyond the bar is an intimate dining room that serves an excellent schnitzel, but at Zum Schwarzen Kameel, the real fun lies in the people watching, the eavesdropping, the sandwiches in the bar (at right, Erna Lenhardt plates a few during lunch service), and the terrific assortment of wines by the glass, including my favorite pairing for a plate of sandwiches, the fruity, straw-color Gelber Muskateller. During a visit last fall, a Viennese matron with carefully coiffed meringue-color hair looked over appraisingly from the table next to mine when I received my quartet: curried egg and chive, salmon, *Beinschinken*, and salami made with Mangalitsa pork. “Ah, very well done,” she said. “You want a variety of tastes and textures.” She also allowed that she appreciates the fact that Zum Schwarzen Kameel offers a number of sandwiches made without mayonnaise—an advantage, in her opinion, because one can eat them without removing one’s gloves. In Vienna, there’s a right way and a wrong way of doing everything. —*Alexander Lobrano, author of Hungry for Paris (Random House, 2010)*



## SANDWICH time line

### 1965

The first **Subway** sandwich shop opens in Bridgeport, Connecticut. Twenty years later, Subway goes international, with a shop next to a U.S. submarine base in Bahrain. Today, the world’s largest sub franchise has annual sales of \$15.2 billion, from 34,000 stores in 96 countries, including Japan, where a chicken teriyaki sub is served, and India, where the chain offers a chicken tikka sub.



### 2000

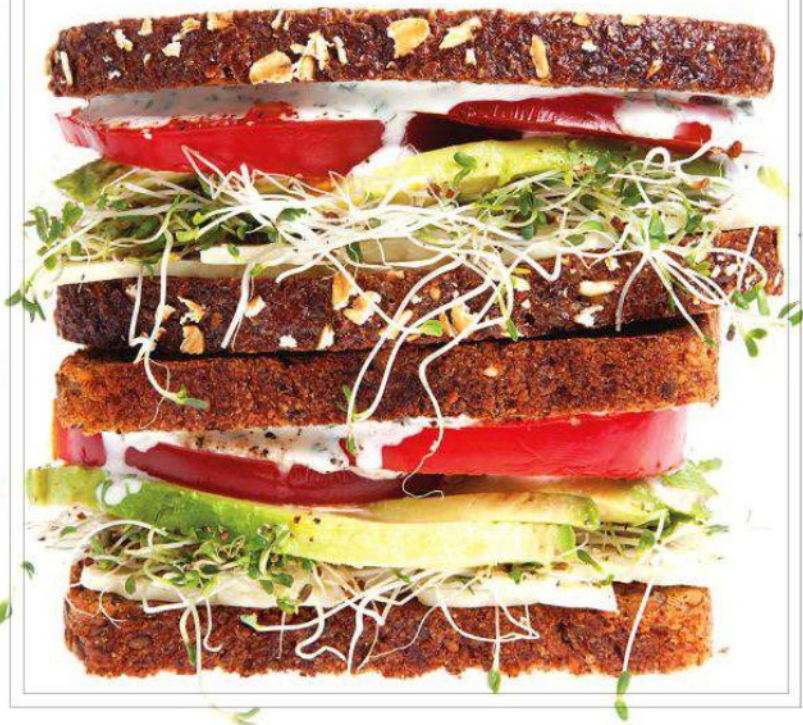
J.M. Smucker introduces **Uncrustables**, frozen peanut butter and jelly sandwich pockets on crimped, crustless bread, designed to thaw out in time for Junior’s lunch period.





## Golden State of Sandwiches

She wore sunglasses. Her blonde hair was long and wavy. Her skin was burnished deep copper from the sun. When she approached me on the beach that day in Malibu, she wore nothing but a macramé string bikini. Over her shoulder, she carried an Ultrasuede fringe bag, from which she pulled...a sandwich. "Sprouts, avocado, tomato, and Jack cheese," she told me. "Three dollars." She handed me a plastic baggie containing the ingredients she had assembled herself in her home kitchen and had tucked between slices of multigrain bread. I gave her my dollars, and she moved on. But I have never forgotten her. It was 1979. I was 16 years old and newly vegetarian, an East Coaster on holiday from a mother who had taken to clucking, "I just don't know what to feed you now." Back home, the beach was littered with the mustardy ends of hot dog buns sold by sweaty guys in boardwalk stalls. I unwrapped my sandwich and took a bite. The sprouts crunched; the tomato tasted bright; the avocado was creamy and nutty. The waves glistened and curled in the sun. Things sure are different in California, I thought. —*Betsy Andrews*



2004

Diana Duyser auctions off a ten-year-old grilled cheese sandwich half, which garners \$28,000 on eBay for its depiction of the **Virgin Mary**. The Hollywood, Florida, resident had been midway through lunch when, she says, "I saw a face looking up at me."





## Standing on Ceremony

An assortment of tea sandwiches at the Orangery restaurant in London

It is the sandwich that defines the English afternoon tea: its presentation and filling; its size and shape and slenderness; whether it is with or without the crust. Tea sandwiches should know their place—that is, before the scones and well before the cake.

It was in 1840 that Anna Maria Stanhope, seventh Duchess of Bedford, hit upon the idea of afternoon tea, a light repast designed to bridge the lengthy gap between luncheon and dinner, which in fashionable circles wasn't taken until 8 P.M. The sandwiches served at teatime are just filling enough to inhibit overindulgence in the scones, cream and jam, and iced

cakes that follow.

When I visited my grandparents' house in Sussex as a child, the tea would be served at the long oak table in the dining room or wheeled into the drawing room. It was the meal my brother and I looked forward to beyond all others. The crusts were off, the sandwiches piled in beauteous stacks, with sprigged parsley adding a touch of color. Then there was the jam: whole strawberries from the kitchen garden, with their runny syrup that sank, like ink on paper, into the bread. And the crunch of cucumber, peeled and sliced wafer thin, on buttered brown bread.

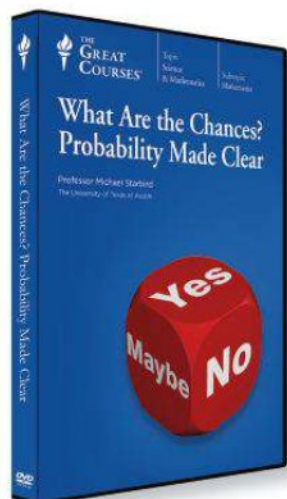
The cucumber sandwich may well be the apotheosis of the English teatime snack, immortalized in Oscar Wilde's *The Importance of Being Earnest* when Lady Bracknell arrives for tea, only to find that Algernon has scoffed the lot. The joy of joys for me, though, was the egg sandwich, with eggs we gathered warm from the henhouse and which Rhoda, my grandmother's cook, didn't quite hard-boil, then bound with butter, salted, peppered, and topped with cress that sprayed out from the edges of the bread. Heaven. —*Tamasin Day-Lewis, author of Supper for a Song: Creative Comfort Food for the Resourceful Cook (Rizzoli, 2010)*

BRIAN BEAVER



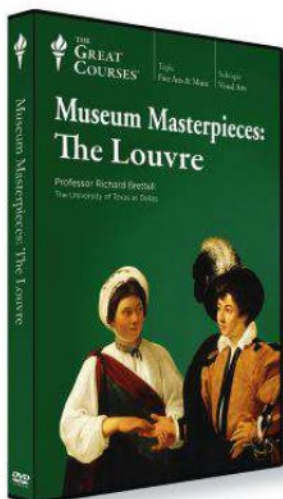


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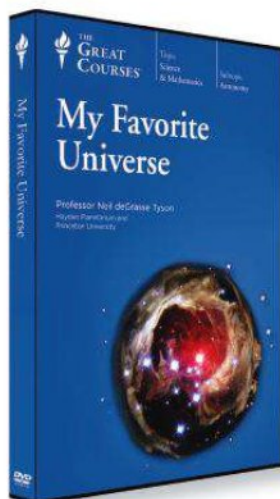
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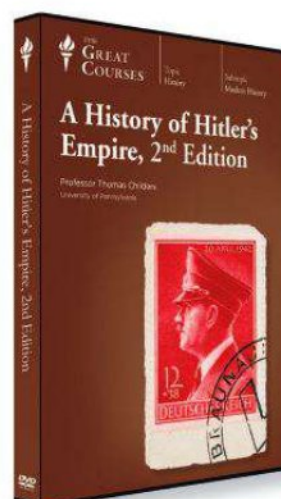
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## SANDWICHES

## Asaltado Vegetariano

(Stir-Fried Vegetable Sandwich)

Serves 2

The mayonnaise-based sauce in this hearty vegetable and cheese sandwich (pictured on page 43) from Pasquale Hermanos, chef Gastón Acurio's chain of sandwich shops based in Lima, Peru, is flavored with ground fresh *rocoto*, a spicy South American chile.

- ¼ cup mayonnaise
- ¼ cup rocoto paste (see page 104)
- 1 tsp. fresh lime juice
- 2 tbsp. olive oil
- 1 medium red onion, thinly sliced
- 1 medium green bell pepper, stemmed, seeded, and thinly sliced
- 1 ají amarillo or banana pepper, stemmed, seeded, and thinly sliced
- 6 white button mushrooms, stemmed and thinly sliced
- 2 cloves garlic, finely chopped
- 1 1"-piece ginger, peeled and finely chopped
- 1 tbsp. soy sauce
- 1 tbsp. white wine vinegar
- 1 ripe tomato, cored, seeded, and thinly sliced
- Kosher salt and freshly ground black pepper, to taste
- 4 slices Monterey Jack cheese
- 2 6" rectangular ciabatta buns, split and toasted
- 1 cup arugula
- ¼ cup cilantro leaves

**1** Whisk together mayonnaise, rocoto, and lime juice in a small bowl; set aside. Heat oil in a 14" wok or skillet over high heat. Add onion, bell pepper, and ají amarillo; cook, stirring constantly, until soft and blistered at edges, about 8 minutes. Transfer to a large bowl. Place mushrooms in wok and cook, stirring constantly, until browned, 2–3 minutes. Add garlic and ginger; cook for 1–2 minutes. Add soy sauce and vinegar, cook for 30 seconds, and transfer to bowl with onions and peppers. Add tomatoes to bowl, season with salt and pepper, and toss to combine.

**2** Place 2 slices of cheese on the bottom half of each bun, and top with half the vegetable mixture. Pour rocoto sauce over vegetables,

and top with arugula and cilantro. Cover with top buns.

## Bacon Butty

Serves 1

This beloved British sandwich (pictured on page 78) uses a meaty cut of pork from the loin of the pig, commonly referred to in North America as back bacon. Tangy HP Sauce makes a mouthwatering counterpoint to the salty meat.

- 3 tbsp. unsalted butter, softened
- 6 slices back bacon (see page 104)
- 1 crusty round roll, halved and lightly toasted
- 2 tbsp. HP Sauce

Heat 1 tbsp. butter in a 10" skillet over medium heat. Add bacon and cook, turning once, until browned and crispy, about 3 minutes. Meanwhile, spread remaining butter on top and bottom of roll. Place bacon on bottom half and top with HP Sauce. Cover with roll top.

## Banh Mi

(Vietnamese-Style Sandwich)

Serves 4

According to Andrea Nguyen, author of *Into the Vietnamese Kitchen* (Ten Speed Press, 2006), the baguette for this iconic Vietnamese sandwich (pictured on page 87) "should be light and airy, with a very delicate crumb that does not fight you, but just frames the sandwich."

- ¼ cup distilled white vinegar
- ¼ cup sugar
- ½ cup julienned carrots
- ½ cup julienned daikon radish
- Kosher salt, to taste
- 1 tsp. canola oil
- 1 tbsp. finely chopped yellow onion
- 12 oz. ground pork
- 2 tbsp. hoisin sauce
- 2 tbsp. soy sauce
- 1 tsp. toasted sesame oil
- ½ tsp. Asian-style hot sauce
- ½ tsp. Chinese five-spice powder
- ½ tsp. red food coloring
- ¼ tsp. onion powder
- ¼ tsp. garlic powder
- ¼ tsp. freshly ground black pepper, plus more to taste
- 4 10" Vietnamese baguettes or Portuguese rolls, split
- ½ cup mayonnaise

**8** ⅛"-thick slices Vietnamese-style pork roll (cha lua) or bologna

**8** ⅛"-thick slices Vietnamese-style salami or ham

½ cup cilantro sprigs

½ medium English cucumber, cut lengthwise into 4 thick slices

Asian-style chile oil, to taste

**1** Make the slaw: Bring vinegar, sugar, and ½ cup water to a boil in a 2-qt. saucepan over high heat; transfer to a medium bowl. Stir in carrots, radish, and salt, and set the slaw aside for 30 minutes. Drain.

**2** Make the seasoned pork: Heat oil in a 10" nonstick skillet over medium heat. Add onion and cook, stirring often, until soft, 2–3 minutes. Add pork, hoisin, 2 tsp. soy sauce, sesame oil, hot sauce, five-spice powder, food coloring, onion and garlic powders, and pepper. Cook, stirring often, until browned, 5–6 minutes. Remove from heat and set aside.

**3** Heat oven to 400°. Place baguettes on a baking sheet and spread 1 tbsp. mayonnaise inside both halves. Bake until hot and slightly crisped, about 5 minutes. Remove from oven and divide seasoned pork evenly between baguettes. Top each with 2 slices pork roll, 2 slices salami, 1 tsp. soy sauce, ¼ of the cilantro, and 1 cucumber slice. Season with more pepper and chile oil, and top with the slaw. Close sandwiches.

## California Sandwich

Serves 2

A version of a California classic, this sandwich (pictured on page 83) is a healthy mix of vegetables, whole-grain bread, and Jack cheese, topped with ranch dressing.

- ¼ cup buttermilk
- ¼ cup sour cream
- ¼ cup mayonnaise
- 1 tbsp. finely chopped chives
- 1 tbsp. finely chopped parsley
- ½ tsp. garlic powder
- ¼ tsp. onion powder
- Kosher salt and freshly ground black pepper, to taste
- 4 slices multigrain sandwich bread
- 2 slices Monterey Jack cheese
- ½ cup alfalfa sprouts
- 1 avocado, peeled, pitted, and thinly sliced lengthwise

**1** ripe tomato, cored and thinly sliced

Whisk together buttermilk, sour cream, mayonnaise, chives, parsley, and garlic and onion powders in a small bowl. Season with salt and pepper, and spread on all bread slices. Place 1 slice cheese each on 2 slices of bread and top with sprouts, avocado, and tomato. Season with salt and pepper, and cover with remaining 2 slices of bread.

## Cemita Poblana

(Puebla-Style Sandwich)

Serves 4

This regional Mexican favorite (pictured on page 80) from the city of Puebla comes with a variety of fillings; our favorite is the breaded veal cutlet known as *milanesa*.

- 1 cup flour
- 4 eggs, beaten
- 1 cup bread crumbs
- 4 ¼"-thick veal cutlets
- Kosher salt and freshly ground black pepper, to taste
- ¼ cup canola oil
- 4 round rolls, split and toasted
- 2 avocados, pitted, peeled, and thinly sliced
- 12 oz. queso blanco or mozzarella, grated
- 8 thin slices yellow onion
- 8 chipotle chiles in adobo, finely chopped, plus 3 tbsp. sauce from the can

**1** Place flour, eggs, and bread crumbs in three separate shallow dishes. Season veal with salt and pepper, and coat with flour, shaking off excess. Dip in eggs, then dredge in bread crumbs. Set aside.

**2** Heat oil in a 12" skillet over medium-high heat, and cook veal cutlets, turning once, until golden brown on both sides, about 6 minutes. Using tongs, transfer to paper towels to drain.

**3** Place 1 veal cutlet on the bottom half of each roll and top with half an avocado, 3 oz. cheese, 2 slices onion, and ¼ of the chipotle sauce. Cover with top bun.

## The Chuck Schumer

Serves 1

This pickle-laden roast beef sandwich (pictured on page 65) is said to be New York senator Chuck Schumer's favorite custom-made



order from the Subway sandwich chain.

- 1 6" crusty Italian roll
- 2 tbsp. mayonnaise
- 1 tbsp. yellow mustard
- 3 slices roast beef
- 1 ripe tomato, cored and thinly sliced
- ½ cup drained dill pickle slices
- ¼ red onion, thinly sliced
- ¼ cup drained banana pepper slices
- ¼ cup pickled jalapeños
- Kosher salt and freshly ground black pepper, to taste

Open loaf and spread mayonnaise on bottom half and mustard on top. On bottom half, layer roast beef, tomato, pickles, onion, banana peppers, and jalapeños. Season with salt and pepper, and cover with top half.

### Crab Cake Sandwich

Serves 4

Chef David Lentz serves this addictive sandwich (pictured on page 43)—filled with sweet Dungeness crab, spicy *romesco* sauce, and crisp fennel salad—at his Hungry Cat restaurants in Hollywood and Santa Barbara, California.

For the crab cakes:

- 1 cup finely crushed unsalted crackers, such as saltines
- ½ cup mayonnaise
- 1 tbsp. Dijon mustard
- 1 tbsp. fresh lemon juice
- 1 tbsp. Worcestershire
- 1 tsp. Tabasco
- 1 egg
- Kosher salt and freshly ground black pepper, to taste
- 1 lb. Dungeness crabmeat, drained

For the aioli:

- 2 egg yolks
- ¾ cup canola oil
- ½ cup extra-virgin olive oil
- 1 tbsp. fresh lemon juice
- 3 cloves garlic, mashed
- Kosher salt and cayenne pepper, to taste

For the romesco:

- ½ cup red wine vinegar
- 2 slices (about 1 oz.) country white bread
- 1 14-oz. jar roasted red peppers, drained
- ¾ cup toasted hazelnuts
- ¾ cup extra-virgin olive oil
- 1 tbsp. fresh lemon juice

- ½ tsp. freshly ground black pepper
- Kosher salt, to taste
- Hot paprika, to taste

For the sandwich:

- 5 tbsp. canola oil
- 4 square ciabatta buns, split
- 1 cup loosely packed arugula
- ½ small bulb fennel, thinly sliced
- ¼ small red onion, thinly sliced

**1** Make the crab cakes: Combine crackers, mayonnaise, mustard, lemon juice, Worcestershire, Tabasco, egg, salt, and pepper; add crab and gently stir until combined. Form four ¾"-thick patties and transfer to a plate. Cover with plastic wrap; chill until ready to use.

**2** Make the aioli: Whisk the yolks in



**Banh mi**, a Vietnamese-style sandwich with spicy fillings

a medium bowl; as you whisk, slowly drizzle in oils until mixture is emulsified and thick. Whisk in lemon juice, garlic, salt, and cayenne; cover and refrigerate.

**3** Make the romesco: Combine vinegar and bread in a food processor; let sit for 10 minutes. Add red peppers, hazelnuts, olive oil, lemon juice, black pepper, salt, and paprika; process until slightly chunky. Transfer to a bowl and refrigerate.

**4** For the sandwich: Heat 1 tbsp. oil in a 12" nonstick skillet over medium heat. Add reserved crab cakes and cook, turning once, until browned and heated through, 6–8 minutes. Transfer to a plate and keep warm.

**5** Heat a 12" cast-iron grill pan over medium-high heat. Brush the cut sides of buns with ½ tbsp. oil and grill until golden brown, 2–3 min-

utes. Spread aioli on both halves of buns; place a crab cake on the bottom halves and top with romesco sauce. Toss arugula, fennel, and onion in a medium bowl, and divide between sandwiches. Cover with top halves.

### Croque Madame

(Ham and Cheese With Fried Egg)

Serves 6

The *croque monsieur*, the classic French ham and cheese sandwich covered in cheesy béchamel, becomes a *madame* (pictured on page 54) when a fried egg is placed on top of it.

- 3 tbsp. unsalted butter
- 3 tbsp. flour
- 2 cups milk
- 12 oz. Gruyère, grated
- ½ cup finely grated Parmesan cheese



**Vada pav**, a potato fritter sandwich popular in Mumbai

Kosher salt and freshly ground black pepper, to taste

- Freshly grated nutmeg, to taste
- 12 ¾"-thick slices pain de mie or Pullman bread, toasted
- 6 tbsp. Dijon mustard
- 12 thin slices baked ham
- 2 tbsp. canola oil
- 6 eggs

**1** Heat butter in a 2-qt. saucepan over medium-high heat. Add flour and cook, whisking, until smooth, about 1 minute. Whisk in milk, and bring to a boil; reduce heat to medium-low and let simmer until slightly reduced and thickened, 6–8 minutes. Add ½ cup grated Gruyère and the Parmesan, and whisk until smooth. Season with salt, pepper, and nutmeg.

**2** Heat broiler to high. Place 6 slices bread on a parchment paper-lined baking sheet, and spread 1 tbsp.

mustard over each. Top with 2 slices ham and remaining Gruyère. Broil until cheese begins to melt, 1–2 minutes. Top with remaining bread slices, then pour a generous amount of béchamel on top of each sandwich. Broil until cheese sauce is bubbling and evenly browned, about 3–4 minutes.

**3** Meanwhile, heat oil in a 12" nonstick skillet over medium heat. Add eggs, season with salt and pepper, and cook until whites are cooked but yolks are still runny, about 3 minutes. Place an egg on top of each sandwich, and serve hot.

### Cubano

(Cuban Ham and Cheese Sandwich)

Serves 1

This sumptuous grilled sandwich (pictured on page 55)—a crusty roll



**Fried tomato hoagie** from Chickie's Italian Deli in Philadelphia

filled with roast pork, ham, Swiss cheese, and pickles—originated in Cuba but has caught on throughout the U.S.

- 2 tbsp. mayonnaise
- 1 8" Cuban roll, split
- ½ cup leftover roast pork shoulder, shredded
- 3 slices deli ham
- 3 slices Swiss cheese
- 10 dill pickle chips
- 1 tbsp. yellow mustard
- 1 tbsp. canola oil

Spread mayonnaise on bottom half of roll and top with pork, ham, cheese, and pickle chips. Spread mustard on top half of roll; cover bottom. Heat oil in a 10" skillet over medium-high heat, and cook sandwich, weighing it down with a cast-iron skillet and turning once, until golden brown and cheese is melted, 8–10 minutes. Cut in half and serve hot.



## The Dagwood

Serves 1

This catchall for whatever ingredients you might have on hand (pictured on page 65) was inspired by the towering sandwich that the character Dagwood in the syndicated comic strip "Blondie" liked to eat.

- 2 tbsp. yellow mustard
- 3 slices rye sandwich bread
- 1 tbsp. mayonnaise
- 4 slices deli ham
- 2 slices American cheese
- 2 leaves iceberg lettuce
- 4 slices bologna
- 4 slices salami
- 6 dill pickle chips
- 3 slices tomato
- 4 slices turkey
- 2 slices Swiss cheese
- 2 pimiento-stuffed green olives

Spread mustard on 2 slices of bread and mayonnaise on the third. Place ham on a mustard-covered slice, and top with cheese, lettuce, bologna, the second mustard-covered slice, salami, pickle chips, tomato, turkey, Swiss cheese, and last bread slice, mayonnaise side down. Cut sandwich in half, and skewer an olive on top of each half with a toothpick.

## Egg and Watercress Sandwich

Serves 2

If serving these elegant sandwiches for afternoon tea, remove the crusts and cut each into 4 triangles or 2 rectangles. Arrange in stacks of 2 alongside the rest of your tea sandwiches.

- 2 eggs
- 4 tbsp. unsalted butter, softened
- Sea salt and freshly ground black pepper, to taste
- 4 slices white bread
- 1 oz. watercress

**1** Bring a 2-qt. saucepan of water to a boil, and as it begins to bubble, add the eggs. Boil for 5 minutes for slightly runny yolks, 6 minutes for hard-boiled yolks. Drain the eggs, and run under cold water. Drain again and peel while the eggs are still warm; transfer to a bowl, along with butter. Mash the eggs and butter with a fork until butter is melted; season with salt and pepper.

**2** Top 2 slices of bread with egg mixture, then add watercress. Top each with another slice of bread. Remove crusts; cut each sandwich in half.

## Elena Ruz

(Cuban Turkey Tea Sandwich)

Serves 1

Commonly served during *merienda* (afternoon tea) in Cuba, this sandwich (pictured on page 52) of turkey, jam, and cream cheese on a roll is sweet and savory all in one.

- 1 Cuban roll or brioche bun
- 2 tbsp. cream cheese, softened
- 2 tbsp. strawberry jam
- 3 oz. sliced turkey breast
- 1 tbsp. unsalted butter

Split roll, spread cream cheese on bottom half, and top with turkey. Spread jam on top half of roll and close sandwich. Heat butter in a 10" skillet over medium heat; cook sandwich, weighing down with a cast-iron skillet and turning once, until golden brown and heated through, 3–4 minutes. Cut in half, and serve hot.

## Fried Calamari Sandwich

Serves 2

Chef Tom Colicchio, who opened the 'wichcraft sandwich shop chain in New York City in 2003, based this sandwich (pictured on page 42) on his memories of eating street food in Singapore.

- ½ cup mayonnaise
- 1 tbsp. sriracha hot sauce
- 1 tsp. crushed red chile flakes
- 1 tbsp. canola oil, plus more for frying
- 2 cloves garlic, thinly sliced
- 2 tsp. fish sauce
- 6 dried chiles de árbol, stemmed, seeded, soaked overnight, and drained
- 1 lb. calamari rings and tentacles, cleaned
- 2 cups cornmeal
- 2 6" soft hoagie rolls
- 6 leaves basil
- 4 sprigs cilantro
- ¼ cucumber, thinly sliced lengthwise
- ¼ small bulb fennel, thinly sliced lengthwise
- 1 lime, peeled and segmented

**1** Whisk together mayonnaise, sriracha, and chile flakes in a small bowl; set aside. Heat oil in a 2-qt. saucepan

over medium-high heat; add garlic and cook until fragrant, about 1 minute. Add fish sauce and chiles; cook, stirring, until blistered and tender, about 3 minutes. Transfer to a bowl and set aside.

**2** Pour oil into a 6-qt. Dutch oven to a depth of 2" and heat over medium-high heat until a deep-fry thermometer reads 360°. Coat calamari in cornmeal, shake off excess, and fry, tossing occasionally, until cooked through, 2–3 minutes. Using tongs, transfer to paper towels to drain.

**3** To assemble the sandwiches, split the rolls and spoon some of the mayonnaise mixture onto each half. Add the chiles, then the basil, cilantro, cucumber, fennel, and calamari, then top with lime segments. Cover with top halves of rolls.

## Fried Tomato Hoagie

Serves 4

This intensely flavorful, cheese-laden sandwich (pictured on page 87) is a vegetarian version of a hoagie served at Chickie's Italian Deli in Philadelphia.

- 1 cup flour
- 2 eggs, lightly beaten
- 1 cup bread crumbs
- Kosher salt and freshly ground black pepper, to taste
- 4 tbsp. unsalted butter
- 12 ½"-thick slices ripe tomato
- 2 12"-long crusty Italian rolls with sesame seeds, halved crosswise
- 2 cups shredded provolone
- 1 17-oz. jar roasted red peppers, drained
- 12 roasted long hot peppers
- 2 tsp. dried oregano
- Kosher salt and freshly ground black pepper, to taste
- ½ cup mayonnaise

**1** Place flour, eggs, and bread crumbs into 3 separate shallow bowls; season each with salt and pepper. Heat 1 tbsp. butter in a 10" skillet over medium-high heat. Meanwhile, coat 3 tomato slices with flour, dip in eggs, then dredge in bread crumbs. Add to skillet and cook, turning once, until browned, about 3 minutes. Transfer to a wire rack set over paper towels to drain. Repeat with remaining butter, tomato, flour, egg, and bread crumbs.

**2** Split each hoagie in half and place 3 fried tomato slices on the bottom. Cover evenly with ½ cup provolone, ½ cup red peppers, and 3 long hot peppers. Sprinkle with ½ tsp. oregano, and season with salt and pepper. Spread 2 tbsp. mayonnaise on top buns, and place on top of sandwich.

## The Gatsby

Serves 1

A specialty of Cape Town, South Africa, this hefty sandwich (pictured on page 65) combines bologna and french fries with *piri-piri* hot sauce.

- 1 tbsp. canola oil
- 6 slices bologna
- 1 8" crusty Italian roll, toasted
- 2 cups cooked thick-cut french fries
- ½ cup ketchup
- Piri-piri sauce, to taste (see page 104)
- ½ cup shredded iceberg lettuce

Heat oil in a 10" skillet over medium-high heat and add bologna; cook, turning once, until browned, 1–2 minutes. Split roll and top bottom half with bologna. Cover with fries, ketchup, and piri-piri. Add lettuce; cover with top half of roll.

## Israeli Schnitzel Sandwich

Serves 4

Schnitzi Schnitzel Bar, in Brooklyn, New York, makes 9 different types of schnitzel and serves them with 13 varieties of homemade sauce. This recipe (pictured on page 58) is an adaptation of its chile-flecked "Spanish" schnitzel.

For the pesto sauce:

- 6½ cups packed basil leaves
- ¾ cup plus 2 tbsp. extra-virgin olive oil
- 3 tbsp. toasted pine nuts
- 3 cloves garlic
- Kosher salt and freshly ground black pepper, to taste

For the red chimichurri sauce:

- ½ cup extra-virgin olive oil
- ¾ cup roughly chopped roasted red bell peppers
- ¼ cup distilled white vinegar
- 1½ tbsp. kosher salt
- 1 tbsp. red wine vinegar
- 1 tbsp. sweet paprika
- 1 tbsp. finely chopped oregano
- 1½ tsp. crushed red chile flakes
- ½ tsp. freshly ground black



- pepper
- ¼ tsp. ground cumin
- 3 cloves garlic
- 1 bunch flat-leaf parsley

#### For the schnitzel:

- 4 cups flour
- 8 eggs, beaten
- 4 cups bread crumbs
- ½ cup crushed red chile flakes
- 12 ¼"-thick chicken cutlets
- Kosher salt and freshly ground black pepper, to taste
- ¼ cup canola oil
- 2 medium yellow onions, thinly sliced lengthwise
- 4 12" French baguettes, split
- Sweet chili sauce, to taste
- 4 cups loosely packed shredded romaine lettuce
- 3 ripe tomatoes, thinly sliced
- ½ cup sliced dill pickles

**1** Make the pesto and chimichurri: Combine basil, oil, nuts, garlic, and salt and pepper in a food processor and process until smooth; transfer to a small bowl and set aside. Clean food processor, and add oil, peppers, white vinegar, salt, wine vinegar, paprika, oregano, chile flakes, pepper, cumin, garlic, parsley, and ¼ cup water. Process until smooth; transfer to a small bowl and set aside.

**2** Place flour, eggs, and bread crumbs mixed with chile flakes in three separate shallow dishes; season flour and chicken with salt and pepper. Working in batches, coat cutlets with flour, shaking off excess. Dip in eggs, then dredge in bread crumb mixture. Set aside.

**3** Heat oil in a 12" skillet over medium-high heat. Working in batches, add cutlets and cook, turning once, until golden brown, 4–6 minutes. Transfer to paper towels to drain. Once all cutlets are cooked, add half the onions to skillet and cook, stirring often, until soft and caramelized, about 8 minutes.

**4** Place three cutlets on bottom half of each baguette, and cover with sauces, to taste. Top each with lettuce, tomatoes, remaining raw onions, cooked onions, and pickles, and cover with top half of baguette.

### Italian Beef

Serves 6

This spicy hot roast beef sandwich, a Chicago classic, is drenched in a garlicky gravy that permeates the

crusty roll.

- 1½ tbsp. crushed red chile flakes
- 1 tsp. red wine vinegar
- 3 pickled jalapeños, stemmed and thinly sliced
- 3 ribs celery, thinly sliced
- Kosher salt and freshly ground black pepper, to taste
- 1 tbsp. dried basil
- 1 tbsp. dried oregano
- 4 cloves garlic, finely chopped
- 1 2½-lb. beef sirloin tip roast, trimmed
- 6 6" crusty Italian rolls, split
- 3 green bell peppers, cored, seeded, thickly sliced, and boiled until soft

**1** Stir together half the chile flakes, and the vinegar, jalapeños, celery, salt, and pepper in a small bowl. Cover pepper relish with plastic wrap and refrigerate for 8 hours or overnight.

**2** Heat oven to 425°. Combine remaining chile flakes, plus the basil, oregano, garlic, salt, and pepper in a small bowl. Place roast in a roasting pan, rub with half the spice mixture, and roast for 20 minutes. Reduce the heat to 350° and roast for another 20 minutes. Combine remaining spice mixture with 4 cups water and add to roasting pan; continue roasting until an instant-read thermometer inserted into the thickest part of the meat reads 135°, 20–30 minutes. Transfer roast to a cutting board and let cool for 15 minutes. Skim fat from broth, and keep broth warm in a large saucepan.

**3** Thinly slice beef and return to broth until hot. Fill each roll with some of the beef, broth, and green peppers, and top with pepper relish.

### Man'oushé

(Herbed Vegetable Flatbread Sandwich)

Serves 4

A common street food in Lebanon, *manaesh* (pictured on page 53) are flatbreads spread with various fillings, then folded over for easy eating. This recipe is based on one in Barbara Abdeni Massaad's *Man'oushé: Inside the Street Corner Lebanese Bakery* (Alarm, 2005).

#### For the dough:

- 3½ cups flour
- 1 tbsp. sugar
- 2 tsp. kosher salt

- 1 tsp. active dry yeast
- 1 tbsp. canola oil

#### For the filling and toppings:

- ¼ cup jarred za'atar (see page 104)
- 4 tbsp. olive oil, plus more for brushing
- 1 medium yellow onion, finely chopped
- 1 medium tomato, cored and finely chopped
- Kosher salt and freshly ground black pepper, to taste
- 4 pickled turnips, drained and cut into ¼"-square sticks (see page 104)
- ½ cup fresh mint leaves

**1** Make the dough: Whisk flour, sugar, and salt in a large bowl; set aside. Stir together yeast and ¼ cups water heated to 115° in a small bowl, and let sit until foamy, about 10 minutes. Add yeast mixture to flour, along with oil, and stir until a dough forms. Transfer to a floured work surface and knead until smooth, 6–8 minutes. Transfer to a lightly floured bowl and cover with plastic wrap; let sit until doubled in size, about 2 hours. Punch down dough and divide into fourths; knead each into a ball. Place balls on a floured, parchment paper-lined baking sheet and cover with plastic wrap; let sit for 30 minutes.

**2** Stir together za'atar and oil in a small bowl until smooth; set aside. Heat a 12" cast-iron skillet over medium-high heat. Working with 1 ball of dough at a time, transfer to a work surface and roll into a 10" circle; brush with oil and add to skillet, oiled side down, and brush top with oil. Cook, turning once, until browned and cooked through, 2–3 minutes. Spread za'atar mixture evenly over each circle, top with onion and tomato, and season with salt and pepper. Top each with turnips and mint leaves, and roll up or fold in half to serve.

### Mozzarella Dream

Serves 1

The ultimate grilled cheese sandwich (pictured on page 44), according to author Francine Prose, includes Aleppo pepper, which adds a dimension of spiciness to balance the tangy sourdough bread and the creamy mozzarella.

- 2 tsp. olive oil

- 2 ¼"-thick slices fresh mozzarella
- 2 ½" slices sourdough bread
- ¼ tsp. Aleppo pepper (see page 104)

Heat oil in a 10" nonstick or cast-iron skillet over medium heat. Place mozzarella between slices of bread, and add to skillet. Press sandwich with a spatula or plate and cook, adding more oil if needed and turning once, until golden brown and cheese is melted, 6–8 minutes. Sprinkle with pepper before serving.

### Muffuletta

Serves 4

At Central Grocery in New Orleans, they use their famous olive salad to dress deli meats and cheeses in an irresistible sandwich (pictured on page 79). It's best eaten the day after it's made, to allow the salad to marinate the other ingredients.

- 1½ cups coarsely chopped cauliflower florets
- ½ cup extra-virgin olive oil
- ½ tsp. dried oregano
- ½ tsp. dried thyme
- 2 small carrots, roughly chopped
- 2 small ribs celery, thinly sliced
- ¾ cup chopped pitted green niçoise olives
- ½ cup chopped pitted kalamata olives
- ½ cup chopped roasted red peppers
- ¼ cup jarred, drained, sliced banana peppers
- 2 tbsp. red wine vinegar
- Kosher salt and freshly ground black pepper, to taste
- 1 8"–10" round loaf Italian bread with sesame seeds
- 6 oz. thinly sliced deli ham
- 6 oz. thinly sliced Genoa salami
- 6 oz. thinly sliced mortadella
- 6 oz. thinly sliced provolone

**1** Bring cauliflower, oil, oregano, thyme, carrots, celery, and 3 tbsp. water to a boil in a 2-qt. saucepan over medium-high heat. Reduce heat to medium-low and simmer, covered, until vegetables are just tender, 10–12 minutes. Transfer to a medium bowl and stir in olives, peppers, vinegar, salt, and pepper; let cool.

**2** Halve loaf and, using your hands,



hollow out both halves of loaf; spread olive salad over bottom half. Layer ham, salami, mortadella, and provolone over salad, then top with remaining salad and top half of loaf. Wrap entire sandwich in plastic wrap and refrigerate for 8 hours or overnight, allowing to marinate. Cut into quarters and serve.

### Patacón Maracucho

(Fried Plantain Sandwich)

Serves 1

This Venezuelan specialty (pictured on page 81) is sandwiched between two slices of crispy fried plantain.

- ¼ cup canola oil
- 1 unripe plantain, peeled and halved crosswise
- ¼ cup mayonnaise
- 2 sprigs cilantro
- ½ avocado, pitted and peeled
- Kosher salt and freshly ground black pepper, to taste
- 1 cup shredded roast chicken
- 2 leaves green-leaf lettuce
- 2 slices tomato

**1** Heat oil in a 10" skillet over medium-high heat. Add plantain halves and fry, turning once, until light brown, about 3 minutes. Transfer to a cutting board and split each plantain in half lengthwise, keeping them hinged on the inward-curved side. Place on cutting board cut sides down and, using a plate, flatten each into a ¼"-thick round disk. One at a time, return each plantain disk to the oil and fry, turning once, until crisp and golden brown, about 4 minutes. Using tongs, transfer to paper towels to drain.

**2** Purée mayonnaise, cilantro, and avocado in a food processor until smooth; season with salt and pepper. Transfer to a medium bowl and add chicken; toss to coat. Place chicken mixture on one plantain disk and top with lettuce and tomato. Cover with remaining disk.

### Pimento Cheese Sandwich

Serves 8

Author Rachel Wharton uses Rick's Picks brand of pickled red peppers in this sandwich (pictured on page 71), but if you can't find them, use regular jarred pimientos in brine.

- 1 10-oz. package sharp white cheddar
- ½ cup packed, jarred pimientos, finely chopped, plus 1

- tbsp. brine, reserved from jar
- ¼ cup mayonnaise
- 1 clove garlic, finely chopped
- ½ habanero chile, stemmed, seeded, and finely chopped
- Kosher salt and freshly ground black pepper, to taste
- Tabasco, to taste
- 16 slices toasted whole wheat sandwich bread
- 8 leaves red-leaf lettuce
- 16 slices tomato

Finely grate cheese on small holes of a box grater and transfer to a food processor, along with peppers, brine, mayonnaise, garlic, and chile. Season with salt, pepper, and Tabasco, and pulse until lightly chunky. Top 8 bread slices with 1 lettuce leaf, 2 slices tomato, and ¼ cup cheese mixture; top with remaining bread.

### Pork Patty Breakfast Sandwich

Serves 2

This decadent creation (pictured on page 22) from reader Denise Woodward, author of the blog *Chez Us*, combines hollandaise, spinach, and a homemade sausage patty that cleverly encases a runny egg yolk on a toasted English muffin, for an out-of-this-world breakfast sandwich.

- 5 tsp. olive oil
- 1 shallot, finely chopped
- 4 oz. fresh spinach
- Kosher salt and freshly ground black pepper, to taste
- 5 egg yolks
- Juice and zest of ½ lemon
- 4 tbsp. unsalted butter, melted
- 8 oz. ground pork
- 2 tbsp. panko bread crumbs
- 2 tsp. finely chopped thyme
- ¼ tsp. piment d'Espelette
- 2 English muffins, toasted
- ½ avocado, peeled, pitted, and thinly sliced

**1** Make the spinach and the hollandaise: Heat 3 tsp. oil in a 10" skillet over medium-high heat. Add shallot and cook until soft, about 1 minute. Add spinach and cook, stirring often, until just wilted, 2–3 minutes. Season with salt and pepper; set aside and keep warm. Place 3 egg yolks, lemon juice and zest, salt, and pepper in a blender; at medium speed, slowly drizzle in butter, to make a smooth, thick hollandaise. Cover and set aside.

**2** Combine pork, bread crumbs,

thyme, piment d'Espelette, salt, and pepper in a medium bowl, and halve mixture. Working with one half at a time, take ¾ of pork mixture, and in the palm of your hand, form a flat disk with a well in the center; place 1 yolk inside. Form a thin patty with the remaining ¼ of mixture, place over yolk, and gently pinch together the two portions, to seal.

**3** Heat remaining oil in a 12" skillet over medium heat, and add pork patties. Cover skillet with a lid and cook, turning once, until pork is cooked through and yolks are still runny, about 10 minutes.

**4** Place spinach mixture on bottom halves of English muffins, top each with avocado and a pork patty, and cover with hollandaise. Add muffin tops, and serve.

### Pulled Pork Italiano

Serves 8

DiNic's, in Philadelphia, serves this sandwich (pictured on page 50) of luscious wine- and herb-braised pulled pork, sharp provolone, and roasted long hot peppers.

- 3 tbsp. ground fennel seeds
- 3 tbsp. dried parsley
- 1½ tbsp. dried thyme
- 3½ tsp. crushed red chile flakes, plus more
- 1 6–7-lb. pork shoulder, butterflied
- 3 sprigs rosemary, stemmed and finely chopped
- 1 head garlic, finely chopped
- Kosher salt and freshly ground black pepper, to taste
- 4 cups beef stock
- ½ cup red wine
- 1 medium yellow onion, thinly sliced
- 1 bay leaf
- ½ cup canned crushed tomatoes
- 2 lb. broccoli rabe
- ¼ cup canola oil
- 32 slices sharp provolone
- 8 12" crusty Italian rolls, split
- 24 roasted long hot peppers

**1** Heat oven to 450°. Combine fennel, parsley, thyme, and 3 tsp. chile flakes in a small bowl; set aside. Open pork shoulder on a work surface, and spread with half of herb mixture, rosemary, ¼ of the chopped garlic, salt, and pepper. Roll up shoulder, tie with kitchen twine at 1" intervals to secure, and season out-

side with remaining herb mixture, salt, and pepper. Transfer to a roasting pan and roast until browned, about 40 minutes. Remove pan from oven, and heat broiler. Add remaining garlic to pan, along with stock, wine, onion, and bay leaf; pour tomatoes over top and sides of pork shoulder. Broil until tomatoes are caramelized, about 20 minutes. Reduce oven temperature to 325°, cover pork with parchment paper, and cover roasting pan with aluminum foil. Cook until internal temperature of pork reaches 165°, about 2 hours. Set aside to cool.

**2** Transfer pork to cutting board, and remove bay leaf from pan. Transfer juices to a blender and purée; transfer to a 4-qt. saucepan and keep warm. Pull pork apart into large pieces and add to pan juices.

**3** Meanwhile, bring a large pot of salted water to a boil, and add broccoli rabe. Cook, stirring, until just tender, 2–3 minutes. Drain and transfer to a bowl of ice water to cool. Drain, and dry thoroughly with paper towels. Heat oil in a 12" skillet. Working in batches if necessary, add remaining chile flakes and broccoli rabe and cook, stirring, until crisp and warmed through, about 4 minutes. Set aside.

**4** Place 4 slices provolone on bottom half of each roll, and top with pork. Add broccoli rabe and peppers.

### The Reuben

Serves 4

The key to this grilled corned beef, Swiss, and sauerkraut sandwich (seen on page 65) is making the rich, tangy dressing from scratch.

- ½ cup mayonnaise
- 1 tbsp. American chili sauce
- 1 tbsp. finely chopped parsley
- 1 tsp. finely grated yellow onion
- ½ tsp. prepared horseradish
- ¼ tsp. Worcestershire sauce
- Kosher salt and freshly ground black pepper, to taste
- 8 tsp. unsalted butter, softened
- 8 slices rye bread
- 8 slices Swiss cheese
- 2 cups drained sauerkraut
- 1 lb. thinly sliced corned beef

**1** Whisk together mayonnaise, chili sauce, parsley, onion, horseradish, Worcestershire, salt, and pepper in



a medium bowl. Set Russian dressing aside.

**2** Working on a cutting board, spread 1 tsp. butter on each slice of bread; turn over and top with Russian dressing. To 4 of the slices add 2 slices of cheese,  $\frac{1}{2}$  cup sauerkraut, and 4 oz. corned beef each. Top each with remaining bread slices.

**3** Heat a 12" skillet over medium heat, and working in batches, add sandwiches. Cook, pressing constantly and turning once, until golden brown and crisp, about 10 minutes. Serve hot.

### Roast Pork Sandwich

Serves 6

Chef April Bloomfield serves this sandwich (pictured on page 43) with tuna-anchovy mayonnaise on a crusty roll at the John Dory Oyster Bar, in New York City.

For the brine and the pork:

- 2 cups kosher salt
- 3 bay leaves
- 3 sprigs rosemary
- 3 sprigs thyme
- 1 head garlic, halved crosswise
- $\frac{1}{2}$  bunch flat-leaf parsley
- 1 boneless pork loin (2–3 lb.), tied with kitchen twine
- Kosher salt and freshly ground black pepper, to taste
- 2 cups white wine

For the tuna mayonnaise:

- 1 tbsp. red wine vinegar
- 2 egg yolks
- 1 cup canola oil
- $1\frac{1}{2}$  tbsp. capers, drained, rinsed, and finely chopped
- $1\frac{1}{2}$  tsp. crushed red chile flakes
- $1\frac{1}{2}$  tbsp. finely chopped drained anchovy filets in oil
- 5 oz. high-quality jarred tuna in oil, drained and flaked into small pieces
- Kosher salt and freshly ground black pepper, to taste

For the sandwiches:

- $\frac{1}{4}$  cup red wine vinegar
- $\frac{1}{4}$  cup extra-virgin olive oil
- 1 red onion, thinly sliced
- Kosher salt and freshly ground black pepper, to taste
- 6 crusty sandwich rolls
- 4 oz. arugula

**1** Brine the pork: Bring salt, bay leaves, rosemary, thyme, garlic, parsley, and 1 gallon of water to a

boil in an 8-qt. saucepan over high heat; stir until salt dissolves. Remove from heat and let cool to room temperature. Add pork and cover saucepan. Refrigerate for 12 hours or overnight.

**2** Heat oven to 350°. Remove pork from brine and dry with paper towels. Place in a shallow roasting pan, generously season with salt and pepper, and add wine. Place pan on oven rack, and roast until pork reaches an internal temperature of 140° for medium or 150° for medium-well done, 40–50 minutes. Remove from oven and let rest for 30 minutes.

**3** Meanwhile, make the mayonnaise: Whisk together vinegar and yolks in a large bowl. While whisking, slowly drizzle in oil, until emulsified and thick, then add capers, chile flakes, and anchovies. Add tuna and mix gently to combine. Season with salt and pepper, and refrigerate.

**4** To assemble the sandwich, reduce oven temperature to 325°. Combine vinegar, oil, onion, salt, and pepper in a small bowl; let sit for 10 minutes. Slice rolls, put back together, and place on baking sheet in oven; toast for 5 minutes. Remove buns from oven and spread mayonnaise mixture on all halves. Thinly slice pork, and place 3–4 slices on bottom buns. Drain onions, reserving liquid, and place on top of pork. Lightly toss arugula with some of the onion marinade, and place on top of onions. Cover with top buns.

### Sardine Sandwich

Serves 2

Briny sardines get added intensity from fresh onion and Dijon mustard in this open-face sandwich (pictured on page 56), from chef and radio host Mike Colameco.

- 3 tbsp. Dijon mustard
- 2 slices rye bread, toasted
- 2 large leaves bibb lettuce
- 1 4-oz. can sardines in oil, drained, plus 2 tsp. reserved oil
- $\frac{1}{2}$  small yellow onion, thinly sliced crosswise
- Kosher salt and freshly ground black pepper, to taste

Spread mustard evenly over each slice of bread and top with 1 lettuce leaf. Divide sardines evenly between sandwiches and top with onion.

Drizzle with reserved oil, and season with salt and pepper.

### Sardine Sandwich With Horseradish Cream

Serves 2

This update on the classic sardine sandwich combines spicy horseradish cream with rich French sardines and pickled onions.

- $\frac{1}{4}$  cup rice-wine vinegar
- 1 tsp. sugar
- 1 tsp. black peppercorns
- $\frac{1}{2}$  small red onion, thinly sliced
- 2 tbsp. mayonnaise
- 1 tbsp. prepared horseradish
- $\frac{1}{2}$  tsp. fresh lemon juice
- 2 slices pumpernickel bread, toasted
- 2 leaves red-leaf lettuce
- 1 4-oz. can French sardines in oil, drained, plus 2 tsp. reserved oil
- 1 roasted red bell pepper, cut into thin strips
- Kosher salt and freshly ground black pepper, to taste

Bring vinegar, sugar, and peppercorns to a boil in a small saucepan. Add onions and remove from heat; let sit for 30 minutes, then chill. In a small bowl, whisk together mayonnaise, horseradish, and lemon juice; spread mixture over each slice of bread, and top each with 1 lettuce leaf. Divide sardines evenly between sandwiches, and top with pepper and pickled onions. Drizzle with reserved oil, and season with salt and pepper.

### The Schmitter

Serves 1

In this adaptation of a Philadelphia favorite (pictured on page 51), created at McNally's Tavern in Chestnut Hill, roast beef and griddled salami are stacked on a kaiser roll with cheese, tomato, and onion.

- $\frac{1}{4}$  cup mayonnaise
- $1\frac{1}{2}$  tbsp. sweet pickle relish
- 1 tbsp. ketchup
- $\frac{1}{4}$  tsp. Worcestershire
- 1 tsp. unsalted butter
- 4 oz. thinly sliced roast beef
- 4 thin slices yellow onion
- 2 oz. cooked salami, preferably Hatfield's
- 3 slices white American cheese
- 2  $\frac{3}{8}$ "-thick slices tomato
- 1 4" kaiser roll

**1** Make the Schmitter sauce: Whisk together the mayonnaise, relish, ketchup, and Worcestershire in a small bowl. Set aside.

**2** Heat butter in a 10" skillet over medium heat. Add roast beef, stacked together on one side of skillet, and onion slices, loosely stacked together on the opposite side. Cook until the roast beef begins to brown, about 3 minutes. Flip beef stack and cook until browned on the other side, about 1 minute. Flip onion slices, and, using a metal spatula, transfer beef on top of onions, allowing the meat to continue to cook. Place salami, stacked together, on the opposite side of the skillet, and top with 1 cheese slice and all the tomato. Cook until the salami is browned on the bottom and the cheese begins to melt, about 2 minutes.

**3** Meanwhile, split roll and place cut sides up on a baking sheet. Top each side with 1 cheese slice, and broil until the cheese is melted and the roll is toasted, about 30 seconds. Flip salami over and on top of beef and onions, then transfer entire stack to bottom roll. Top with Schmitter sauce and cover with roll top.

### Sloppy Joe

Serves 4

Popular throughout America as an easy way to stretch meat, this sandwich (pictured on page 65) of ground beef and spicy tomato sauce is a classic.

- 1 tbsp. canola oil
- $\frac{1}{2}$  small yellow onion, finely chopped
- $\frac{1}{4}$  green bell pepper, cored, seeded, and finely chopped
- 8 oz. ground beef
- 1 cup canned tomato sauce
- 2 tsp. Worcestershire
- 1 tsp. chili powder
- Kosher salt and freshly ground black pepper, to taste
- Tabasco, to taste
- 4 hamburger buns, toasted

Heat oil in 12" skillet over medium-high heat. Add onion and pepper and cook, stirring, until soft, about 6 minutes. Add beef and cook until browned, stirring so that the meat breaks up into small pieces, about 8 minutes. Add tomato sauce, Worcestershire, chili powder, salt, pepper, and Tabasco; cook, stir-



ring occasionally, until reduced and thick, about 10 minutes. Divide between buns and serve.

### SPAM and Cheese Sandwich

Serves 8

The Kogi Korean BBQ truck, in Los Angeles, gave us the recipe for this flavorful sandwich (pictured on page 55)—nicknamed Daisy Dukes and Flip-Flops—made with SPAM, shredded cheddar and Jack cheeses, and kimchi.

- 1 12-oz. can SPAM
- ½ cup mayonnaise
- 2 tbsp. coconut milk
- 2 tbsp. toasted sesame seeds
- 1 tbsp. canola oil
- 8 potato rolls, split
- 1 cup shredded cheddar cheese
- 1 cup shredded Monterey Jack cheese
- 8 tbsp. sweet chili sauce
- 4 tsp. sriracha hot sauce
- 8 tbsp. roughly chopped prepared cabbage kimchi
- 8 tsp. finely chopped fresh cilantro

**1** Slice SPAM into 8 slices, then halve each slice crosswise. Set aside. In a small bowl, whisk together mayonnaise, coconut milk, and sesame seeds; set aside. Heat oil in a 12" skillet over medium-high heat. Add SPAM to skillet and cook, turning once, until browned, 8–10 minutes. Using tongs, transfer to paper towels to drain; set aside. Working in batches, place rolls in skillet and toast until browned, 1–2 minutes.

**2** Heat oven to 350°. To assemble sandwiches, spread coconut mayonnaise on both halves of buns, then divide cheeses among bottom halves. Top each with 2 slices SPAM, 1 tbsp. chili sauce, ½ tsp. hot sauce, 1 tbsp. kimchi, and 1 tsp. cilantro. Cover with top buns and place in oven. Bake until cheese begins to melt, 3–4 minutes. Serve hot.

### Strammer Max

Serves 2

This hearty German sandwich (pictured on page 65) on thick-sliced country bread calls on a classic combination: cured ham and fried eggs.

- 4 tbsp. unsalted butter
- 2 ½"-thick slices country bread
- 4 slices prosciutto

- 2 eggs
- 1 tbsp. finely chopped chives
- Kosher salt and freshly ground black pepper, to taste

Heat 4 tbsp. butter in a 10" skillet over medium-high heat. Add bread slices and cook, turning once, until golden brown, 5–6 minutes. Transfer bread to a plate and top each with 2 slices prosciutto. Heat remaining butter in skillet and add eggs; cook until whites are cooked through and yolks are still runny, 2–3 minutes. Top each sandwich with 1 egg, and sprinkle with ½ tsp. chives and salt and pepper. Serve hot.

### Sweetbread Pita

Serves 2

Chef Yossi Elad makes this spicy pita sandwich (pictured on page 43) at Machneyuda, his restaurant in Jerusalem.

- 2 tbsp. canola oil
- 1 small yellow onion, roughly chopped
- 1 tsp. ground turmeric
- ½ tsp. ground cumin
- 4 oz. sweetbreads, cleaned, blanched, pressed, and cut into 1" chunks
- Kosher salt and freshly ground black pepper, to taste
- ½ cup Greek-style yogurt
- 2 10" pita
- Chopped amba, to taste (see page 104)
- Roughly chopped preserved lemons, to taste
- ½ jalapeño, stemmed, seeded, and finely chopped

**1** Heat oil in a 12" skillet over medium-high heat. Add onions and cook, stirring often, until soft, 5–6 minutes. Add turmeric and cumin, and cook, stirring, until onions begin to caramelize, 2–3 minutes; transfer to a bowl. Add sweetbreads to skillet, and season with salt and pepper. Cook, turning once, until browned, about 4 minutes. Return onions to skillet and cook, stirring often, until onions are caramelized and sweetbreads are heated through, about 2 minutes. Remove from heat and set aside.

**2** To serve, spread yogurt on each pita, then top with amba and lemons. Add sweetbreads and onions, and top with jalapeño.

### Torta Ahogada

(Mexican "Drowned" Sandwich)

Serves 1

This popular Mexican sandwich (pictured on page 81) from the state of Jalisco is filled with crisp roast pork, then "drowned" in a spicy chile de árbol sauce.

- ¾ oz. dried chiles de árbol (about 30), stemmed and seeded
- ¾ cup cider vinegar
- 2 tbsp. pumpkin seeds, toasted
- 1½ tbsp. sesame seeds, toasted
- 1 tsp. dried oregano
- 1 tsp. kosher salt
- ¼ tsp. ground cumin
- ⅛ tsp. ground allspice
- ⅛ tsp. ground cloves
- 2 cloves garlic
- 1 crusty bolillo or Italian roll
- 1½ cups leftover roasted pork shoulder, shredded
- ¼ small yellow onion, thinly sliced
- 1 radish, thinly sliced

**1** Combine chiles, vinegar, pumpkin and sesame seeds, oregano, salt, cumin, allspice, cloves, and garlic in a blender, and purée until very smooth. Pour through a medium strainer into a bowl, discard solids, and stir in ¾ cup water.

**2** Heat oven to 350°. Split roll and fill bottom half with pork. Place on baking sheet and bake until warmed through and bread is toasted, about 6 minutes. Add onion, radish, and top bun; pour chile de árbol sauce over sandwich, and let sit, so that the sauce soaks in.

### Vada Pav

(Potato Fritter Sandwich)

Serves 8–10

A staple of Mumbai street stalls, these aromatic fried potato-fritter sandwiches (pictured on page 87) are slathered with coriander and tamarind chutneys and served on a buttered, toasted roll. See page 104 for hard-to-find ingredients.

For the coriander chutney:

- 2 cups chopped cilantro
- 2 tbsp. fresh lemon juice
- 2 tbsp. roasted peanuts
- 2 tbsp. desiccated coconut
- 2 tsp. kosher salt
- 2 jalapeños, stemmed

For the tamarind chutney:

- 8 oz. tamarind paste

- 1 tbsp. canola oil
- 2 tsp. fennel seeds
- ½ tsp. black mustard seeds
- 1 serrano chile, stemmed and finely chopped
- ¾ cup packed dark brown sugar
- ⅓ cup pitted dates, finely chopped
- ¼ cup raisins
- 1 tsp. hot paprika

For the vada:

- ½ tsp. kosher salt, plus more to taste
- 1½ lb. russet potatoes, peeled and cut into 1" chunks
- 2 tbsp. canola oil
- ¾ tsp. black mustard seeds
- ⅛ tsp. asafetida (see page 104)
- 1 ½"-piece ginger, peeled and minced
- 2 cloves garlic, minced
- ¾ tsp. ground turmeric
- 1 small yellow onion, finely chopped
- 1 serrano chile, stemmed and finely chopped
- ¼ cup finely chopped cilantro
- ¼ cup finely chopped mint
- 2 tsp. fresh lemon juice
- 1 cup chickpea flour
- ¼ cup rice flour
- ¼ cup plain yogurt
- 1 tsp. ground coriander
- ½ tsp. ground cumin
- ½ tsp. baking soda
- Canola oil, for frying
- 2 tbsp. unsalted butter
- 8 store-bought Parker House rolls, split but left hinged

**1** Make the coriander chutney: Place cilantro, lemon juice, peanuts, coconut, salt, jalapeños, and ½ cup water in a blender, and purée until smooth. Transfer to a small bowl and set aside.

**2** Make the tamarind chutney: Heat the tamarind paste and 2 cups water in a 1-qt. sauce pan over medium-high heat; cook, stirring, until tamarind dissolves. Pour through a medium strainer into a small bowl, pressing on solids to extract all pulp; discard solids and set aside pulp. Heat oil in a 2-qt. saucepan over medium-high heat. Add fennel, mustard seeds, and chile; cook, stirring, until lightly browned, 2–4 minutes. Add reserved tamarind pulp, brown sugar, dates, raisins, paprika, and 1 cup water, and bring to a boil. Reduce heat to medium-low and cook, stirring, until reduced



and thick, about 10 minutes. Transfer to a small bowl and set aside.

**3** Make the vada: Bring a 4-qt. saucepan of salted water to a boil, and add potatoes; cook until tender, about 10–12 minutes. Drain in a colander, then pass through a potato ricer into a large bowl; set aside. Heat oil in a 2-qt. saucepan over medium-high heat. Add mustard seeds and asafetida and cook, stirring, until fragrant, 3–4 minutes. Add ginger and garlic and cook, stirring, until lightly browned, 20–30 seconds. Add  $\frac{1}{2}$  tsp. turmeric, onion, and chile, and cook, stirring, until lightly browned, 3–4 minutes. Transfer to bowl with potatoes, along with cilantro, mint, and juice; season with salt and stir until well combined. Shape mixture into 2" balls and transfer to a parchment paper-lined baking sheet; refrigerate for 1 hour. Meanwhile, whisk together  $\frac{1}{2}$  tsp. salt, remaining turmeric, chickpea and rice flours, yogurt, coriander, cumin, baking soda, and  $\frac{3}{4}$  cup water until smooth; set aside.

**4** Pour oil into a 6-qt. Dutch oven to a depth of 2", and heat over medium-high heat until a deep-fry thermometer reads 360°. Working in batches, use a slotted spoon to dip potato balls into chickpea batter, shaking off excess, and transfer to oil. Fry, turning occasionally, until browned and puffed, 2–3 minutes. Transfer to a paper towel-lined plate to drain.

**5** To assemble, heat butter in a 12" skillet over medium-high heat. Add rolls, cut sides down, and cook until toasted, about 3 minutes. Spread 1 tbsp. coriander chutney inside top of each roll and 1 tbsp. tamarind chutney inside bottom of each roll. Place a potato ball in each and close, then gently smash.

## SALADS

### Blue Ribbon's Tuna Salad

Makes about 6 cups

This recipe (pictured on page 69), calling for fresh, steamed tuna in place of canned, comes from *Bromberg Bros. Blue Ribbon Cookbook* by Bruce Bromberg, Eric Bromberg, and Melissa Clark (Clarkson Potter, 2010).

4 6-oz. tuna filets

- $1\frac{1}{2}$  cup mayonnaise
- $\frac{1}{4}$  cup finely chopped red onion
- $\frac{1}{4}$  cup finely chopped parsley
- 2 tbsp. capers in brine, drained and rinsed
- Juice of 1 lemon
- Kosher salt and freshly ground black pepper, to taste

**1** Bring 1" of water to a boil in a large pot; place tuna filets in a steamer basket, and place in pot. Cover pot and cook tuna until cooked through but slightly pink in the center, 10–12 minutes. Remove from pot and let cool.

**2** Flake tuna into bite-size pieces and transfer to a large bowl, along with mayonnaise, onion, parsley, capers, lemon juice, salt, and pepper. Toss to combine, and chill before serving.

### Cajun Shrimp Salad

Makes about 5 cups

This seafood salad (pictured on page 69), from Alexander Hoover of Hoover's Cooking restaurant in Austin, is made with grilled or smoked shrimp and a spicy cream cheese dressing.

- $2\frac{1}{2}$  lb. medium shrimp, peeled and deveined
- $\frac{1}{4}$  cup Italian salad dressing
- 1 tbsp. plus  $1\frac{1}{2}$  tsp. Cajun seasoning
- 6 oz. cream cheese, softened
- $\frac{1}{2}$  cup mayonnaise
- $\frac{1}{2}$  cup finely chopped celery
- $\frac{1}{4}$  cup finely chopped scallions
- 1 tbsp. fresh lemon juice
- 1 tbsp. finely chopped parsley

**1** Combine shrimp, dressing, and 1 tbsp. Cajun seasoning in a medium bowl; set aside. Heat a large grill pan over medium-high heat, and add shrimp; cook, turning once, until just cooked, 3–4 minutes. Transfer to a bowl to cool.

**2** Stir cream cheese and mayonnaise in a large bowl until smooth. Add remaining Cajun seasoning, celery, scallions, lemon juice, and parsley, and stir until combined. Add shrimp, and toss to coat. Serve chilled or at room temperature.

### Coronation Chicken

Makes about 6 cups

Made for Queen Elizabeth II's coronation lunch, in 1953, this curry powder- and mango chutney-laced

chicken salad (pictured on page 68) has been wildly popular in Britain ever since.

- 10 whole black peppercorns
- 2 ribs celery, roughly chopped
- 2 yellow onions (1 roughly chopped, 1 finely chopped)
- 1 4-lb. whole chicken
- 1 3"-piece ginger, peeled (2" thinly sliced, 1" finely chopped)
- 1 leek, roughly chopped
- 1 head garlic, halved crosswise, plus 2 cloves, finely chopped
- 1 star anise
- $\frac{1}{2}$  lemon, thinly sliced
- $\frac{1}{2}$  orange, thinly sliced
- Kosher salt, to taste
- 3 tbsp. unsalted butter
- 1 tbsp. curry powder
- $\frac{1}{4}$  cup flour
- $\frac{1}{4}$  cup heavy cream
- 2 tbsp. currants
- 2 tbsp. finely chopped dried apricots
- $1\frac{1}{4}$  cups mayonnaise
- $\frac{1}{2}$  cup Greek-style yogurt
- $\frac{1}{4}$  cup mango chutney
- 1 tbsp. fresh lemon juice
- Freshly ground black pepper, to taste
- $\frac{1}{2}$  cup slivered toasted almonds

**1** Place peppercorns, celery, roughly chopped onion, chicken, thinly sliced ginger, leek, halved garlic head, star anise, lemon, orange, and salt in a 6-qt. saucepan; add water, covering ingredients by 1". Bring to a boil over high heat, reduce heat to medium-low, and simmer, partially covered, for 1 hour. Remove saucepan from heat and let cool. Remove chicken from pan and set aside. Pour stock through a fine strainer into a 4-qt. saucepan, and bring to a boil over high heat; cook until reduced to 1 cup, about  $1\frac{1}{2}$  hours. Let cool. Meanwhile, remove meat from chicken and tear into thick strips, discarding skin and bones; refrigerate.

**2** To make the sauce, heat butter in a 2-qt. saucepan over medium heat. Add finely chopped onion, ginger, and garlic and cook, stirring, until soft, 3–5 minutes. Add curry powder, cook for 2 minutes, and stir in flour. Cook, stirring, for about 1 minute. Add reduced stock and bring to a boil; cook, stirring constantly, until thick, 1–2 minutes. Remove from heat and stir in cream. Pour sauce through a fine strainer

into a large bowl and discard solids. Stir currants and apricots into sauce, and let cool. Add mayonnaise, yogurt, chutney, and lemon juice to cooled sauce, season with salt and pepper, and whisk to combine. Add chicken to cooled sauce, and toss to combine; refrigerate. Add almonds just before serving.

### Katz's Chopped Liver

Makes  $4\frac{1}{2}$  cups

This famous liver spread (pictured on page 68), enriched with schmaltz (rendered chicken fat), is a staple at Katz's Delicatessen, on New York City's Lower East Side. It's best served plain, as it is at Katz's, on rye bread.

- 1 lb. beef livers, cleaned
- 1 lb. chicken livers, cleaned
- $\frac{1}{3}$  cup canola oil
- 1 large yellow onion, thinly sliced
- 6 tbsp. rendered chicken fat
- 2 hard-boiled eggs
- Kosher salt and freshly ground black pepper, to taste

Heat broiler to high, and place beef livers on an aluminum foil-lined baking sheet. Broil, turning once, until cooked through, about 10 minutes; transfer to a food processor. Place chicken livers on baking sheet and broil until cooked through, 8–10 minutes; add to food processor. Heat oil in a 10" skillet over medium heat and add onion; cook, stirring often, until soft, 10–12 minutes. Transfer to food processor, along with fat, eggs, salt, and pepper; process until smooth. Transfer to a medium bowl, cover with plastic wrap, and chill.

### Lobster Salad

Makes about 3 cups

The recipe for this classic New England lobster salad (pictured on page 68) comes from Jasper White's *The Summer Shack Cookbook* (W. W. Norton, 2007). The combination of lobster, mayonnaise, and crisp cucumber is unbeatable in a split, buttered roll.

- 1 lb. cooked lobster meat, cut into  $\frac{1}{2}$ " chunks
- $\frac{1}{2}$  cup mayonnaise
- 3 scallions, trimmed and thinly sliced
- 1 medium cucumber, peeled, seeded, and cut into  $\frac{1}{4}$ " cubes



Kosher salt and freshly ground black pepper, to taste

In a large bowl, gently stir together lobster, mayonnaise, scallions, cucumber, salt, and pepper.

### Neiman Marcus Chicken Salad

Makes about 6 cups

Famed Texas cook Helen Corbitt created this rich chicken salad (picture on page 69) for the café menu at Neiman Marcus department stores in the 1950s. It's delicious on toasted multigrain bread with lettuce and tomato.

- 1 lb. cooked chicken breasts, cut into ½" cubes
- 1 cup mayonnaise
- 1 cup thinly sliced celery
- 1 cup halved purple grapes
- ½ cup sliced almonds, toasted
- 1 tbsp. finely chopped parsley
- 1 tsp. kosher salt, plus more to taste
- ½ cup whipped cream
- Freshly ground black pepper, to taste

Combine chicken, mayonnaise, celery, grapes, almonds, parsley, and salt in a bowl. Add whipped cream and pepper; fold to combine.

### Salat iz Yaits i Gribov

(Russian Egg and Mushroom Salad)

Makes about 2 cups

This easy Russian salad (pictured on page 69) comes from Anya von Bremzen's *Please to the Table: The Russian Cookbook* (Workman, 1990). Serve it open-faced on thick sourdough rye with dill pickle spears.

- 5 tbsp. canola oil
- 1 lb. white button mushrooms, roughly chopped
- ½ medium yellow onion, roughly chopped
- ⅓ cup finely chopped fresh dill
- 4 hard-boiled eggs, roughly chopped
- ¾ cup mayonnaise
- 2 tbsp. Dijon mustard
- 1 tbsp. fresh lemon juice
- Kosher salt and freshly ground black pepper, to taste

1 Heat 3 tbsp. oil in a 10" skillet over medium-high heat, and add mushrooms; cook, stirring often, until browned, 14–16 minutes. Transfer to a large bowl and set aside.

Heat remaining oil in skillet and add onion; cook, stirring often, until lightly caramelized, about 10 minutes. Transfer to bowl with mushrooms, along with dill and eggs.

2 Whisk together mayonnaise, mustard, and lemon juice in a medium bowl. Add to mushroom mixture and toss until evenly combined; season with salt and pepper.

### Sildesalat

(Danish Smoked Herring, Beet, and Potato Salad)

Makes about 3 cups

Smoked herring, boiled potatoes and beets, and mustard make a refreshing salad (pictured on page 68) to serve on dark rye as part of a Danish-style *smørrebrød* platter with crisp gherkins.

- Kosher salt, to taste
- 1 russet potato, peeled and quartered
- 8 oz. smoked herring, finely chopped
- 6 oz. boiled beets, finely chopped
- 2 tbsp. Dijon mustard
- ½ yellow onion, finely chopped
- Freshly ground black pepper, to taste

Bring a medium saucepan of salted water to a boil and add potato. Cook until tender, 16–18 minutes; drain and let cool. Finely chop and transfer to a large bowl, along with herring, beets, mustard, onion, salt, and pepper. Toss to combine; chill before serving.

### Southern Ham Salad

Makes about 4 cups

Leslie Orlandini, a food stylist and friend of *SAVEUR*, introduced us to this spicy ham salad (pictured on page 68), our favorite use for leftover baked ham.

- 1 lb. baked ham, cut into 1" chunks
- 8 gherkins
- 1 pickled jalapeño
- ½ cup mayonnaise
- 2 tbsp. Dijon mustard
- 2 tbsp. finely chopped parsley
- 3 scallions, thinly sliced
- 2 ribs celery, thinly sliced crosswise
- ½ red onion, finely chopped
- Kosher salt and freshly ground black pepper, to taste

Place ham, gherkins, and jalapeño in a food processor, and pulse until roughly chopped. Transfer to a large bowl, along with mayonnaise, mustard, parsley, scallions, celery, onion, salt, and pepper; stir until combined. Chill before serving.

## CONDIMENTS

### Mechwiya

(Roasted Pepper Salad)

Makes 1¼ cups

This tart pepper relish (pictured on page 76) from north Africa is a great topping for lamb kebabs and other sandwiches.

- 2 tbsp. fresh lemon juice
- 2 tbsp. olive oil
- 1 tbsp. finely chopped preserved lemon peel
- 1 tsp. ground cumin
- 1 tsp. finely chopped parsley
- 3 cloves garlic, finely chopped
- 3 roasted red bell peppers, drained and finely chopped
- Kosher salt and freshly ground black pepper, to taste

Combine lemon juice, oil, lemon peel, cumin, parsley, garlic, bell peppers, salt, and pepper in a medium bowl. Let sit for 30 minutes to allow the flavors to come together.

### Pickled Blueberries

Makes 3½ cups

Chef Tyler Kord, of No. 7 Sub Shop in New York City, created these sweet-tart pickled blueberries (pictured on page 76) for his sandwich of brie, pistachios, and chervil.

- 1 cup distilled white vinegar
- ¼ cup sugar
- 1½ tbsp. kosher salt
- 1½ lb. blueberries
- 1 small red onion, thinly sliced

Whisk vinegar, sugar, salt, and ¼ cup water in a medium bowl until sugar and salt dissolve. Add blueberries and onion, and cover with plastic wrap. Refrigerate overnight before using.

### Schug

(Yemenite Chile Relish)

Makes 2 cups

Piquant *schug* (pictured on page 76) makes a fantastic condiment for pita and falafel sandwiches. This recipe is based on one in Claudia Roden's *The Book of Jewish Food* (Knopf, 1996).

- 8 oz. jalapeños, stemmed
- 2 cups fresh cilantro
- 5 tbsp. canola oil
- 1 tsp. caraway seeds
- 6 cloves garlic, chopped
- 4 pods green cardamom, seeds removed and reserved
- Kosher salt, to taste

Combine jalapeños, cilantro, oil, caraway seeds, garlic, cardamom seeds, salt, and 5 tbsp. water in a food processor, and purée until smooth.

### Tonkatsu Sauce

Makes about 1¼ cups

This popular Japanese condiment (pictured on page 76) is the key sauce on a fried pork *tonkatsu* sandwich.

- 1 tsp. dry mustard powder
- 1 cup ketchup
- ¼ cup Worcestershire
- 4 tsp. soy sauce

Whisk together mustard and 2 tsp. water in a bowl until smooth. Add ketchup, Worcestershire, and soy sauce, and whisk until smooth.

## DESSERTS

### Fromage Blanc, Banana, and Membrillo Sandwich

Serves 1

This sweet sandwich (pictured on page 52) from Tartine Bakery & Café in San Francisco, is pressed and griddled to melt the creamy banana, cheese, and quince filling and toast the bread.

- 2 ½"-thick slices country bread
- 2 tbsp. fromage blanc
- 1 banana, peeled and cut into ¼"-thick rounds
- ¼ cup softened membrillo
- Kosher salt and freshly ground black pepper, to taste
- 1 tbsp. unsalted butter, melted
- 1 tbsp. olive oil

Top one slice of bread with fromage blanc and bananas; spread membrillo on other slice, and season with salt and pepper. Close sandwich and brush with butter and oil. Heat a 10" skillet over medium-high heat and add sandwich; cook, weighing it down with a cast-iron skillet and turning once, until golden brown and sandwich is heated through, about 3 minutes. Cut into 3 pieces, and serve hot.



### Ice Cream Loti

(Singapore Ice Cream Sandwich)

Serves 16

This ice cream sandwich (pictured on page 52), sold as a street snack in Singapore, comes in an array of colors and flavors. Author Chris Tan advises using bleached all-purpose flour to produce a soft, Wonder bread–like crumb.

- 4½ cups flour
- 1¼ tsp. active dry yeast
- 7 tbsp. sugar
- 3 tbsp. sweetened condensed milk
- 1¼ tsp. kosher salt
- 4 tbsp. unsalted butter, cut into 4 pieces and softened
- 2 tbsp. canola oil, plus more for pan
- Pink, green, and yellow food coloring, as needed
- Vanilla, chocolate, and strawberry ice creams, as needed

**1** Make the bread: Whisk together ½ cup flour and ½ cup water in a 1-qt. saucepan over medium-high heat and cook, stirring often, until thickened into a paste. Transfer to

a small bowl and refrigerate until chilled. Combine 1 cup flour, ¼ tsp. yeast, and ½ cup water in a medium bowl, to form a wet dough. Cover with plastic wrap and let starter sit at room temperature overnight.

**2** Whisk together remaining flour and yeast in bowl of a stand mixer fitted with a dough hook; set aside. In a bowl, whisk together sugar, condensed milk, salt, and ½ cup water heated to 120°, until sugar dissolves. Add to bowl of flour, along with chilled flour paste and room-temperature starter; stir to form a shaggy dough; turn mixer to medium speed and knead for 6–8 minutes. With the mixer running, add butter, 1 piece at a time, until incorporated; then add oil and mix. Divide dough into 3 equal pieces; add a different food coloring to each piece; knead until evenly tinted. Transfer dough pieces to 3 separate bowls, cover with plastic wrap, and let sit until doubled in size, about 2 hours.

**3** Transfer dough pieces to a work surface and roll into 12"-long ropes; braid ropes together and tuck ends under, to form a loaf. Transfer to a

greased 8½" x 5" x 2" loaf pan and cover loosely with plastic wrap; let sit for 1½ hours. Heat oven to 400°. Uncover loaf; bake until golden brown and an instant-read thermometer inserted into loaf reads 185°, 40–45 minutes. Let cool 30 minutes, remove from pan, and cool completely. To serve, slice bread into ½"-thick slices. Place 2 small scoops of each ice cream on every slice.

### Pok Pok

(Thai-Style Ice Cream Sandwich)

Serves 4

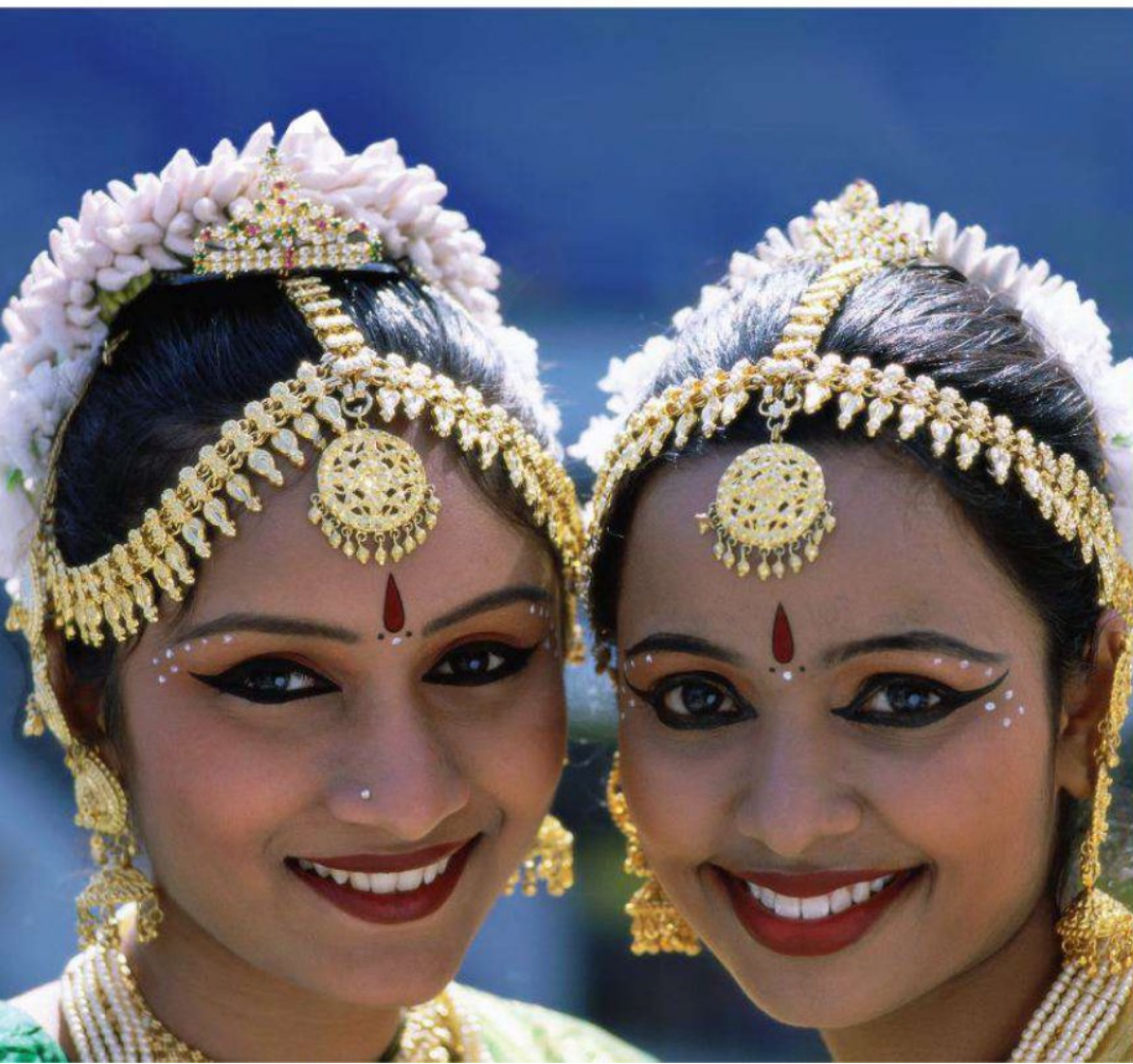
Chef Pichet Ong, of Spot Dessert Bar in New York City, gave us this recipe for pok pok (pictured on page 52), an ice cream sandwich based on those he ate as a child in Bangkok. See page 104 for hard-to-find ingredients.

- 2 14-oz. cans coconut milk
- 1 cup desiccated coconut
- ½ cup sugar
- ¼ tsp. kosher salt
- 1 frozen pandan leaf
- 1 tbsp. vanilla extract
- 4 soft hot dog buns
- ¼ cup canned corn
- ¼ cup sweet ginkgo nuts

- ¼ cup nata de coco, drained
- ¼ cup palm seeds, rinsed
- 2 passion fruits
- 1 large, crisp chocolate chip cookie, roughly crushed
- 3 tbsp. toasted cashews, chopped
- 3 tbsp. sweetened condensed milk

**1** Bring coconut milk, coconut, sugar, salt, and pandan leaf to a boil in a 2-qt. saucepan over medium heat. Cook, stirring, until sugar dissolves, about 5 minutes. Remove from heat; let steep for 1 hour. Discard pandan leaf. Transfer to a bowl and stir in vanilla; chill. Process mixture in an ice cream maker according to manufacturer's instructions, then transfer to a plastic container and freeze.

**2** To serve, place three small scoops of ice cream in each bun and top with 1 tbsp. each corn, ginkgo nuts, nata de coco, and palm seeds. Scoop out juice and seeds from fruits, and divide among sandwiches; top with ¼ of the crushed cookie and cashews. Drizzle milk over each sandwich.



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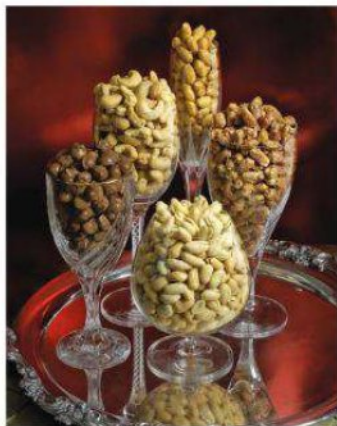
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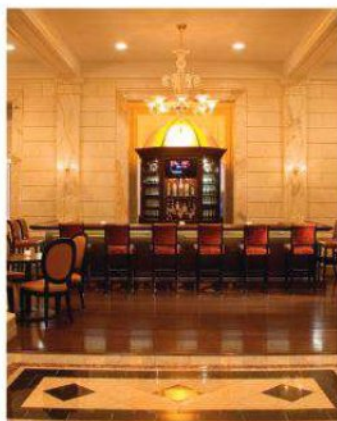
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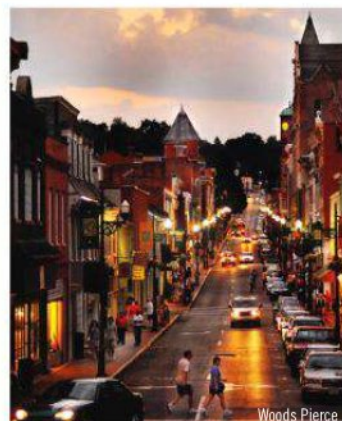
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# IN THE SAVEUR KITCHEN

Discoveries and Techniques From Our Favorite Room in the House » Edited by Todd Coleman

## BLT Basics

**T**HE PHILADELPHIA hoagie, the Chicago Italian beef—these are operatic sandwiches: big, lavish, coloratura. The all-American BLT is more like finely wrought chamber music. Each of its five elements—bread, bacon, lettuce, tomato, and mayonnaise—plays in counterpoint to the others in a subtle and satisfying harmony. Ostentatious embellishments are to be avoided. Substitute unsmoked pork belly for smoky rashers or split ciabatta for sliced white bread, and you'll upset the delicate balance.

The bread should be white and toasted; Pullman or packaged sandwich loaf works best. This kind of bread has a soft, tight crumb that will soak up some of the tomato's juices, and toasting it helps prevent it from becoming overly sodden. The bacon must be smoked, to adequately offset the tomatoes' sweetness. I like a medium-thick cut, and I take care as I cook to avoid a result that's desiccated or leathery; the latter impedes biting through the sandwich's layers with ease and tasting all the ingredients in each mouthful. Crisp iceberg lettuce lends the right note of freshness, and the tomatoes should be absolutely ripe and sweet. Mayonnaise is not optional; its creaminess tempers the tomatoes' acidity. The matter of whether to slice your BLT into triangles or rectangles, however, is up to you. —Beth Kracklauer



## Top Picks

For centuries, the toothpick has been used for precisely what its name suggests, as well as for spearing morsels of food. But it was only in the late 1800s, with the rise of the club sandwich—whose tiers of chicken, tomato, bacon, and lettuce called for something besides mayonnaise to hold them together—that it was applied to sandwiches. Plain wooden toothpicks often went unnoticed—to the detriment of the unwary diner. “The frilled toothpick was probably invented to alert the eater that there was a toothpick holding the sandwich together,” says Henry Petroski, author of *The Toothpick: Technology and Culture* (Alfred A. Knopf, 2007). So that colorful cellophane frill is functional, as well as pretty. —Karen Shimizu





**Sandwich Suds** As with soda, the classic sandwich pairing, beer's wide range of styles means there's a quaff for every sandwich. When I asked David Cichowicz, owner of Manhattan's Good Beer NYC, for recommendations, he said, "In general, you can't go wrong with lager for a sandwich," because that style's light body and mild taste "won't get in the way of the food." In particular, he likes the **Augustiner-Bräu Edelstoff Helles**, a crisp lager from Munich's oldest brewery. It goes with everything, from Philly's salami and steak Schmitter to the sprouts-laden California sandwich. For egg-based sandwiches, Cichowicz goes even lighter; at just over 3 percent alcohol, **Anchor Steam's Small Beer** is an ale that harks back to pre-Revolutionary America, when this style was a popular breakfast drink. When it comes to a spicy, meaty Mexican *cemita poblana* or a Vietnamese *banh mi*, Cichowicz recommends an assertive beer, like the hoppy but balanced **Cigar City Brewing Jai Alai IPA**. Of course, regionality has its place in pairings too. With Southern-style pimento cheese or ham salad, the malty **Abita Amber Lager** from Louisiana tastes just right, while fruity **Porterhouse Red** from Dublin does wonders for the bacon buttie. Chicken salad and other delicately flavored fillings find their match in a dry, floral, Belgian-style *saison*, such as **Pretty Things' Jack D'Or**. And for fish, usually considered a pairing challenge, Cichowicz uncorks what is perhaps the ultimate food beer: **Rodenbach Grand Cru**, a refreshing, sweet-sour Flanders red ale with a character more like what you'd expect from a white burgundy than a beer. —Betsy Andrews



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Pretty Things  
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## Perfect Roast Beef

**R**OAST BEEF COLD CUTS should be tender, flavorful, paper thin, and rosy pink throughout. While testing recipes for this issue, we discovered how to cook roast beef at home just the way we like it. First, because it should be served rare, buy top sirloin, a full-flavored cut that doesn't require long cooking to be tenderized. Get a five-pound piece and ask the butcher to tie it—this helps it to cook evenly and makes it easier to slice once it's done. Next, season the roast with salt and pepper, then sear it in a skillet on the stove. Finally, place it on a rack in a roasting pan in the oven and cook it at 200° for 3 hours 20 minutes, until a thermometer inserted in the center reads 130°. This is what sets this method apart: slow cooking at a very low temperature, the key to achieving a uniform pink color from center to edge. Once the roast beef is cooked, chill it in the refrigerator, then slice thin and pile it on your bread of choice. —*Gabriella Gershenson*



## Wrap Artist

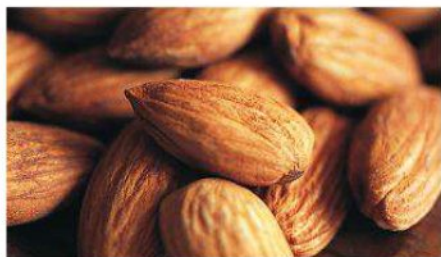
Tightly wrapping a sandwich in parchment paper evenly compresses it on all sides, which has multiple benefits. The ingredients meld more fully than they would in a sandwich left to its own devices; it's as if the pressure "cooks" them. And when you slice through the package, both halves remain absolutely intact. Here's how to do it: **1** For a sandwich on standard-size sliced bread, use a 12" x 16" rectangle of paper. Place the sandwich in the center, and gather the ends of the paper above it. **2** Make a  $\frac{1}{2}$ " fold, crease to secure, and repeat, drawing the

paper tighter as you go. **3** When you reach the sandwich, fold the paper under once more and crease it from end to end. **4** While holding the top seam with your left hand, fold in the corners of the paper on the right side as if wrapping a present. Tuck the triangle snugly under the sandwich. Repeat on the left side. **5** Once the sandwich is wrapped, use a knife to slice through the paper across the center seam, halving the sandwich. Stack the halves and wrap in plastic wrap, or eat immediately. Either way, you're left with a flawless sandwich. —*Beth Kracklauer*



# SAVEUR MENU

SAVEUR's guide to EVENTS, PROMOTIONS & PRODUCTS



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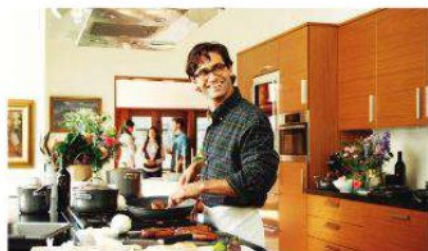
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**Power Tools** One of the nice things about sandwiches is that you don't need a lot of gear to make them. Still, over the years, we've found a few tools that make the process smoother, more precise, and, in some cases, more fun. **1** The **Wüsthof Tomato Knife (\$70)** is a multitasker: Its five-inch serrated blade cuts through tomatoes, bread, and other ingredients cleanly, and its forked tip transports slices from cutting board to sandwich. **2** The simple, sturdy **Lodge Logic Cast Iron Grill Press (\$23)** delivers the heft required to make pressed and grilled sandwiches. **3** Making a toastie is easy with the **Dualit Sandwich Cage (\$20)**, which folds up around a sandwich and slips into a standard toaster. **4** For expertly sliced sandwich meat—as well as cheese, bread, and more—we rely on the versatile **Chef's Choice Professional Varitilt Electric Food Slicer (\$400)**. **5** Spreading condiments evenly and all the way to the edges of the bread is easier with the flat, oval head of a **Winco stainless steel spreader (\$5)**. **6** And the sliding lid on a commercial-grade **Pullman loaf pan (\$16 for the lid, \$25 for the pan)** stops the bread's rise, to produce a flat-topped loaf and picture-perfect square sandwich slices. —Bryce T. Bauer

MICHAEL KRAUS (6)



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# THE PANTRY

## A Guide to Resources

*In producing the stories for this issue, we discovered ingredients and information too good to keep to ourselves. Please feel free to raid our pantry!*

BY BEN MIMS

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For our favorite brands of chips, purchase **Xochitl Totopos de Maiz Blue Corn Chips** from Xochitl (\$6.29 for a 1-pound bag; 214/800-3551; [saxochitl.com](http://saxochitl.com)), **Ebi Flower Prawn Crackers** from Family Market (\$2.29 for a 3-ounce bag; 201/444-5133; [familymarketonline.com](http://familymarketonline.com)), **Southern Recipe Original Pork Rinds** from Walmart (800/925-6278; [walmartstores.com](http://walmartstores.com)), **Sweet Potato Chips** and **Taro Chips** from Hawaii Chip Company (both \$8.25 for a 4-ounce bag; 808/845-9868; [hawaiichipcompany.com](http://hawaiichipcompany.com)), **Hula Hoops** from Britsuperstore (\$1.35 for a 34-gram bag; 13/0/420-6069; [britsuperstore.com](http://britsuperstore.com)), **Zapp's Cajun Dill Gator-Tators** from Cajun Grocer (\$2.35 for a 5.5-ounce bag; 888/272-9347; [cajungrocer.com](http://cajungrocer.com)), and **Lam's Plantain Chips** from Lam's Snacks (\$0.80 for a 2.5-ounce bag; 718/217-0416; [lamsnacks.com](http://lamsnacks.com)). Visit Pete's Bar and Grill for Bologna Days (119 Main Street South, Pierz, Minnesota; 320/468-9991).

### Reporter

For our favorite rye breads, contact: **Acme Bread Company** at Ferry Building Marketplace (415/288-2978; [ferrybuildingmarketplace.com/acme\\_bread\\_company](http://ferrybuildingmarketplace.com/acme_bread_company)); **Barney Greengrass** (212/724-4707; [barneygreengrass.com](http://barneygreengrass.com)); **Davis Bakery & Deli** (216/292-3060; [davisbakery.net](http://davisbakery.net)); **Kaufman's Bagel & Delicatessen** (847/677-9880; [kaufmansdeli.com](http://kaufmansdeli.com));

**Langer's Delicatessen-Restaurant** (213/483-8050; [langersdeli.com](http://langersdeli.com)); **Macrina Bakery** (206/448-4032; [macrinabakery.com](http://macrinabakery.com)); **Manny's** (312/939-2855; [mannysdeli.com](http://mannysdeli.com)); **Orwasher's Bakery** (308 East 78th Street, New York City; 212/288-6569); **Shapiro's Delicatessen** (317/631-4041; [shapiros.com](http://shapiros.com)); **Zabar's** (800/697-6301; [zabars.com](http://zabars.com)); and **Zingerman's Bakehouse** (734/761-2095; [zingermansbakehouse.com](http://zingermansbakehouse.com)).

### Sandwiches

To purchase our favorite brands of sardines, contact British Supermarket Worldwide for **Bela sardines in cayenne pepper-flavored extra-virgin olive oil** (\$2.36 for a 4.25-ounce tin; 44/12/27/36-5070; [britishsupermarketworldwide.com](http://britishsupermarketworldwide.com)), Amazon.com for **Crown Prince Natural wild-caught skinless and boneless sardines in pure olive oil** (\$28.07 for a pack of twelve 3.75-ounce tins; [amazon.com](http://amazon.com)), Fairway Market for **La Quiberonnaise vintage sardines in olive oil and lemon** (\$8.59 for a 3.69-ounce tin; 212/939-0300; [fairwaymarket.com](http://fairwaymarket.com)), and Amazon.com for **Season lightly smoked brisling sardines in pure olive oil** (\$18.82 for a pack of six 3.75-ounce tins; [amazon.com](http://amazon.com)). Purchase our favorite brands of store-bought pimento cheese spreads: **Palmetto Cheese Original Pimento Cheese** (\$5.49 for a 12-ounce container; 864/228-4886; [palmettocheese.com](http://palmettocheese.com)), **Blackberry Farm's Pimento Cheese** (\$18 for a 16-ounce container; 865/984-8166; [blackberryfarmshop.com](http://blackberryfarmshop.com)), and **Carrie's Fiery Pimento Cheese** (\$19.90 for two 15-ounce containers; 843/577-1198; [calliesbiscuits.com](http://calliesbiscuits.com)). For a selection of sandwich breads, buy **choreg** (\$5.99 for a 7-ounce pack), **dhal puri** (\$6.99 for 4 pieces; look for "Missy roti") **paratha** (\$6.99 for 4 pieces), and **lavash** (\$5.99 for 4 pieces) from Kalustyan's (800/352-3451; [kalustyans.com](http://kalustyans.com)); **coco bread** from Oyivo Ex-

change (\$12 for a 5-pound bag; 888/506-3265; [oyivo.com](http://oyivo.com)); **beer bread** (\$5 for a 1-pound loaf) and **miche** (\$4.25 for a 1-pound loaf) from Orwasher's Bakery (see above); and **arepas** from Delicias Andinas (\$20 for four 17-ounce bags; 718/416-2922; [arepasonline.com](http://arepasonline.com)). For a selection of sandwich condiments, purchase **piccalilli** (\$4.95 for a 275-gram jar), **Branston pickle** (\$5.45 for a 360-gram jar), **HP Sauce** (\$4.50 for a 255-gram jar), **gentleman's relish** (\$5.95 for a 42.5-gram container), and **Vegemite** (\$9.95 for a 150-gram jar) from Myers of Keswick (212/691-4194; [myersofkeswick.com](http://myersofkeswick.com)); **ajvar** (\$10.99 for a 19-ounce jar), **pickled turmeric** (\$6.99 for a 10-ounce jar), **harissa** (\$12.99 for a 390-gram jar), and **tartar** (\$6.99 for a 16-ounce jar) from Kalustyans (see above); **chow-chow** from Cracker Barrel (\$3.99 for a 14.5-ounce jar; 800/333-9566; [shop.crackerbarrel.com](http://shop.crackerbarrel.com)); **Barbados hot pepper sauce** from HotSauce.com (\$9 for a 5-ounce bottle; 877/999-7282; [hotsauce.com](http://hotsauce.com)); **Sir Kensington's ketchup** from Sir Kensington's (\$9 for an 11-ounce jar; 646/450-5735; [sirkensingtons.com](http://sirkensingtons.com)); **Kewpie mayonnaise** from Asian Food Grocer (\$6.48 for a 17.64-ounce bottle; 888/482-2742; [asianfoodgrocer.com](http://asianfoodgrocer.com)); and **St. Hubert Sauce** from Canadian Favourites (\$2.69 for a 500-gram can; 877/335-2372; [canadianfavourites.com](http://canadianfavourites.com), look for "Hot Chicken Sauce").

### Recipes

To make the *Asaltado Vegetariano* (see page 38), purchase **rocoto paste** from Amazon.com (\$6.25 for a 7.5-ounce jar; see above). To prepare the bacon butty (see page 38), purchase **back bacon** from iGourmet (\$8.99 for an 8-ounce pack; 877/446-8763; [igourmet.com](http://igourmet.com)). To make the Gatsby (see page 40), buy **piri-piri** from Amazon.com (\$12 for two 125-milliliter bottles; see above). To prepare the mozzarella dream (see page 41), use **Aleppo pepper** from Kalustyans (\$5.99 for a 2.75-ounce jar; see

above), which also carries **pickled turnips** (\$11.99 for a 2.2-pound jar) and **za'atar** (\$5.99 for a 2.25-ounce jar) to make the *man'oushé* (see page 41). To prepare the Schmitter (see page 43), contact Hatfield Quality Meats (800/743-1191; [hatfieldqualitymeats.com](http://hatfieldqualitymeats.com)) to find a retailer selling their **salami**. To make the sweetbread pita (see page 44), buy **amba** from eFoodDepot.com (\$4.79 for a 20-ounce jar; 866/256-9210; [efooddepot.com](http://efooddepot.com)). To make the *vada pav* (see page 44), use **asafetida** (\$4.49 for a 50-gram can) from Kalustyans (see above), and **tamarind paste** from Grocery Thai (\$3.60 for a 16-ounce package; 818/469-9407; [grocerythai.com](http://grocerythai.com)). To prepare the Thai-style ice cream sandwich (see page 46), use **pandan leaf** from Grocery Thai (\$7 for an 8-ounce bag; see above), **nata de coco** from Kalustyans (\$8.99 for a 12-ounce bottle; see above), and **sweet ginkgo nuts** (\$1.98 for a 14-ounce can) and **palm seeds** (\$1.79 for a 20-ounce can) from eFoodDepot.com (see above).

### Kitchen

When in New York City, visit Good Beer NYC (422 East Ninth Street; 212/677-4836; [goodbeernyc.com](http://goodbeernyc.com)) to try our favorite **sandwich beers**, or go to brewery websites to find retailers: Augustiner Bräu's Edelstoff ([augustiner-braeu.de](http://augustiner-braeu.de)), Anchor Brewing's Small Beer ([anchorbrewing.com](http://anchorbrewing.com)), Cigar City Brewing's Jai Alai IPA ([cigarcitybrewing.com](http://cigarcitybrewing.com)), Abita Brewing Co.'s Amber ([abita.com](http://abita.com)), Porterhouse Brewing Co.'s Red Ale ([porterhousebrewco.com](http://porterhousebrewco.com)), Pretty Things' Jack D'Or ([prettythingsbeertoday.com](http://prettythingsbeertoday.com)), and Rodenbach Grand Cru ([palm.be/en](http://palm.be/en)). To order **sandwich equipment**, contact Sur La Table (800/243-0852; [surlatable.com](http://surlatable.com)) for the Lodge Logic cast iron grill press (\$23), Chef's Choice Professional Varitilt Electric Food Slicer (\$400), and Pullman loaf pan (\$25) and lid (\$16); and Amazon.com for the Wüsthof knife (\$70), Winco spreader (\$5), and Dualit Sandwich Cage (\$20).



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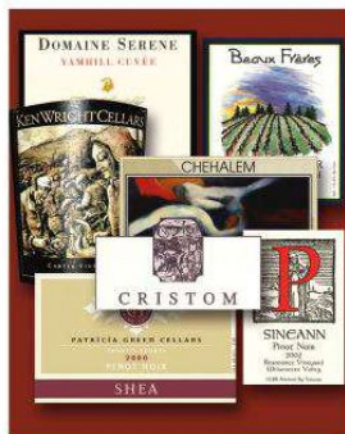
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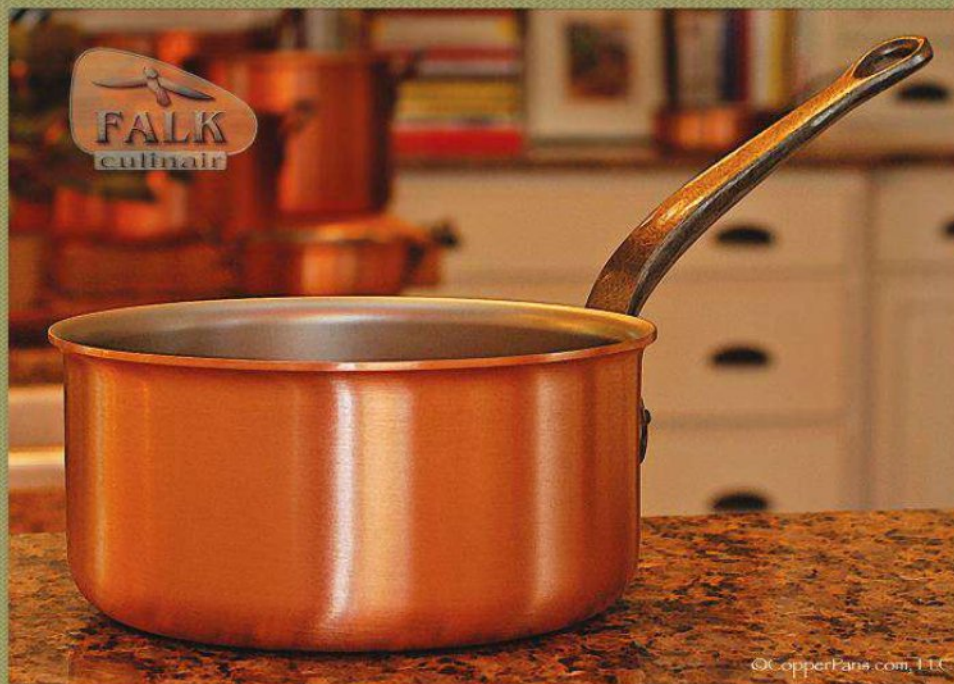
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# MOMENT

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**TIME** 6:00 P.M., May 9, 2010

**PLACE** Beirut, Lebanon

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*In one of the world's great falafel capitals, chef Ramzi Choueiri prepares a record-breaking serving—11,404 pounds eight ounces, enough to fill 51,730 pitas.*

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